

REGINA PUBLIC LIBRARY



39085402002337
Preserve : chef's secret recipes that tr SV

10, 2021

What Can I Do With These PRESERVES?




Secret

PRESERVE

by Chef Murray Zehr

Chef's Recipes that Transforms Your
Garden Bounty Into Restaurant Quality Cuisine



Digitized by the Internet Archive
in 2024

https://archive.org/details/isbn_9798583511990

In loving memory of Nanny.

You taught me to preserve. You
inspired me to become a Chef.
Every recipe is dedicated to you.

Love,

Murray



With Many Thanks.

Dudek Photography

Split Second Marketing Support Inc.

Tourism Oxford

The Small Business Centre Woodstock

1909 Culinary Academy

PUSA (Presidents of the United States of America)

PRESERVE

by Chef Murray Zehr

Table of Contents

The story of this cookbook	1
How to use this cookbook	2
The legal stuff	2
Apple sauce	3
Artichokes	10
Asparagus	16
Beets	22
Carrots	28
Cherries	36
Corn relish	43
Green beans	50
Peaches	58
Pearl onions	65
Pears	74
Peppers, hot	81
Peppers, red pepper jelly	86
Peppers, roasted red	93
Pickles	101
Salsa	108
Sauerkraut	114
Tomatoes	122
Zucchini relish	128
Thanks	136

The Story of This Cookbook

Why a cookbook about preserves? It started with toilet paper. Hear me out.

When the pandemic hit in 2020, one of the first items to disappear from grocery store shelves was toilet paper. It seemed such an odd item to go first, but it did. People were scrambling to find it. I did not pay much attention to this shortage as I order paper products from my suppliers.

What did catch my attention, though, was when I went to order yeast to make my breads. My supplier was out. Never have I had to deal with this! It was strange, but I also felt a certain delight in knowing that people were at home baking breads and pastries during the pandemic lockdown, whether due to boredom or intrigue. I fully supported this impromptu bread-making. I enjoyed phone calls and emails from the masses, picking my brain and requesting recipes. I am a chef and culinary instructor; this is what I do!

The next shortage I experienced was when I tried to purchase annual seeds for my one-acre garden. Due to the lockdown, only online orders were allowed, so I was shocked to discover the nursery was nearly picked clean! I scrambled. I called in a few favours, and eventually, I had my season of seeds in hand. Again, I felt delighted knowing that more people were outdoors learning to grow their own agri-gems at home. And again, I enjoyed the phone calls and emails asking my opinion on everything from how to build raised beds to how much water to use, and "How far apart do I plant these things, Chef Murray?" It was simply amazing for me.

What happened next came as a surprise, though. It was something I was not expecting. As my bounty was ripening with an abundance of fruits and vegetables ready to preserve, I tried to order jars. But I found there was not just a shortage across North America; there was a worldwide shortage! In Canada alone, canning increased by over six hundred percent since the pandemic began! This made me think. Millions of people globally have jarred or canned various fruits and vegetables for a multitude of reasons this year – boredom, to support local farmers, or concern about food security. Some were growing their own fruits and vegetables for the first time. Regardless, millions of people have fully stocked pantries with everything from apple sauce to zucchini relish – and now they're not sure what to do with those preserves.

When I began my research, I quickly realized that there has never been a cookbook like this written. Ever! There is not a single cookbook on the planet that is a recipe book using preserves in appetizers, entrees, and desserts. I've already received phone calls and emails asking, "Chef Murray, what do I do with these preserves besides making a charcuterie platter for my family, AGAIN?" Before the pandemic, I'd get the same question from most students in my classes who were learning how to pickle beets, asparagus and delish items, such as tomatoes, cherries, and apples.

If you're asking, "What do I do with these preserves?" then this book is for you.

How to Use This Cookbook?

This cookbook is not a resource on learning how to jar, can, or preserve – there are plenty of those available. You may even have some great recipes that have been passed down through generations.

This book is dedicated to recipes using preserves you've made yourself, been given to you, or you've purchased from the local grocery store or artisan food vendor.

In this cookbook, I've put together recipes using the most popular staple preserves for appetizers, entrees, and desserts. No longer do you have to open a jar of beets or pickled asparagus and say, "What do I do with these preserves?"

This book is about adjusting recipes and experimenting as some preserves have more sugar while others have more salt. You must trust your tasting spoon and your palate! Before every recipe, I recommend dipping your tasting spoon in the jar of preserves and giving it a wee taste. Sometimes, you have unsweetened apple sauce, and sometimes it is sweetened. Every jar is different, so go with your gut and have fun experimenting.

If in doubt, Google it! If you don't know how to roast garlic, for example, search online. There are thousands of recipes on how to roast garlic.

Another bit of Google advice is to pull up a conversion chart. As a Chef Instructor for more than two decades, I highly recommend that my students use technology to assist them in the kitchen, especially with a cookbook is meant to be used globally. It can become confusing with weight versus volume and imperial versus metric (not to mention there are three teaspoons in a tablespoon, except in Australia). So, pull out a conversion chart to use as your guide.

Lastly, seasoning should happen last – unless you're baking a loaf of bread, whereas the salt must go in first. I highly recommend holding off with the salt and pepper as the last step because preserves can contain various sodium levels. You want to control sodium as much as you can. Taste your sauce, stew, or soup at the end and make final adjustments. Obviously, you cannot taste the seasoning on the raw chicken before it is cooked, which leads me into the legal stuff.

The Legal Stuff

As with any home-prepared items not made in a certified kitchen, there are inherent risks. Botulism, for example, should never be taken lightly. Low-acid foods, high-acid foods, pressure canning, and even oxygen levels in preserved foods are all food safety factors. Many cases of foodborne botulism happen after people eat home-canned or preserved foods that were contaminated with toxins.

Here are my four rules:

1. Always use proper canning techniques. Follow your recipes correctly. If the recipe says not to use a jar with a chip or crack in it, then don't use a chipped or cracked jar!
2. If you're new to jarring or canning, I highly recommend going onto some government Websites and learn as much as you can on how to prepare these delish food items safely!
3. Always use the proper and right equipment for the job. If the recipe calls for pressure canning, for example, use a pressure canner.
4. If in doubt, throw it out! If you think, for any reason, the preserve should not be used because it is bulging, moulding, smells off, you found it in your uncle's garage after twenty-five years, or your gut tells you not to use it, DO NOT USE IT! Safety first, always.

In other words, educate yourself for your safety and everyone in your family.



APPLE SAUCE

One of the oldest and most cultivated fruits, the apple, is incredibly delicious in recipes besides apple pie or serving a bowl of apple sauce.

If you're one of those people that collect useless information for trivia nights at the local pub, the science of apple growing is called pomology. There's evidence that apples have been cultivated since ancient times and grew wild in prehistoric Europe. A member of the rose family, there are more than 7,500 varieties worldwide. In colonial times, they were called the winter banana.

Apple sauce can be sweetened or unsweetened. If your batch has cinnamon, cloves, or other spices, it may change the outcome of your dish, so make sure the flavour profile aligns with the recipes in this section. Trust your tasting spoon to ensure the profile fits!



Smoked Gouda & Apple Sauce Crostini
with Thyme, Honey & Cracked Black Pepper

Smoked Gouda & Apple Sauce Crostini with Thyme, Honey & Cracked Black Pepper

Yield:

4 servings

Ingredients:

- 1 French baguette, sliced in half
- 1 cup apple sauce
- 1 cup smoked Gouda, shredded
- 2 tablespoons honey
- 1 tablespoon fresh thyme, chopped
- 1 tablespoon cracked black pepper

Method:

1. Pre-heat broiler and lay bread open-faced on a parchment-lined baking tray.
2. Place apple sauce evenly over the baguette, followed by the smoked Gouda.
3. Place under the broiler and let the cheese melt. Place on a platter and drizzle on the honey. Sprinkle on the fresh thyme and the cracked black pepper. Slice and serve.

Apple Sauce, Cheddar & Bacon Bombs

Yield:

12 pieces

Ingredients:

- 6 jalapeño peppers, cut in half with seeds and ribs removed
- ½ cup apple sauce
- ½ cup old cheddar, shredded
- 6 slices bacon, cut in half to make 12 slices

Method:

1. On a parchment-lined baking tray, place the jalapeños with the cut side up.
2. Place the apple sauce equally inside the cavity of the jalapeños. Sprinkle evenly with the cheddar cheese.
3. Place a piece of bacon on top of the jalapeños, so that the fat renders into the jalapeños while they bake. (That is the bomb here. Be careful as they are practically lava when they come out of the oven.)
4. Pop in a pre-heated 350-degree F oven for 30 minutes or until the bacon is crispy.

Grilled Pork Tenderloin with Apple Sauce & Maple Syrup on Apple Sauce & Sweet Potato Mash

Yield:

4 servings

Ingredients For the Pork Tenderloin:

2 pork tenderloins, cut in half to give you 4 equal pieces
2 tablespoons olive oil
1 cup apple sauce
¼ cup maple syrup
2 tablespoons salted butter
Salt & pepper, to taste
¼ cup Italian parsley, chopped, as garnish

Method:

1. Pre-heat the grill so one half is on high and the other side of the grill is off. Rub the oil and some salt and pepper on the pork tenderloins. Place the meat on the hot side of the grill to get nice grill marks called cross-hatching. Once you have those markings, place the meat on the side of the grill that is off, close the lid, and let the BBQ work as an oven. When the pork reads an internal temperature of 145 degrees F with a thermometer, cover it in tinfoil and let it rest 5 minutes before slicing.
2. While the meat is cooking combine the apple sauce, maple syrup and butter in a small saucepan. Bring to a boil and simmer until ready to use.
3. Slice the pork on a bias, present it on top off the apple sweet potato mash and spoon on the sauce. Garnish with chopped parsley.

Ingredients For the Apple Sauce & Sweet Potato Mash:

(Make this ahead of time and simply heat it up when ready to serve!)

4 medium sized sweet potatoes
½ cup apple sauce
Salt & pepper, to taste

Method:

1. Preheat the oven to 350 degrees F. Poke the sweet potatoes a few times with a fork and wrap in foil. Bake until potatoes are soft, approximately 1 ½ hours.
2. While warm, cut the sweet potatoes in half and scoop out the flesh into a bowl. Add the apple sauce and mix. Season with salt & pepper, as necessary.

Turkey Saltimbocca with Apple Sauce & Lemon Gnocchi

Yield:

4 servings

Ingredients For the Turkey Saltimbocca:

4 turkey breast cutlets (your butcher will do this for you, and you want them thin!)

8 fresh sage leaves

4 slices of prosciutto

2 tablespoons olive oil

Juice of ½ lemon

2 tablespoons salted butter

Salt & pepper, to taste

¼ cup Italian parsley, chopped, as garnish

Method:

1. Place 2 sage leaves on top of each cutlet. Place a slice of prosciutto on each cutlet and press down firmly. In a large frying pan over medium heat (one big enough to cook all 4 at the same time), add the olive oil to the pan and place all 4 cutlets, prosciutto side down, into the pan.
2. Once the prosciutto becomes crispy, flip the cutlets over and cook for 1 more minute. Add the lemon juice and butter and swirl it in the pan to create a sauce. Season with salt and pepper, as necessary.

Ingredients For the Apple Sauce & Lemon Gnocchi:

1 kg package (about 3-4 cups) Gnocchi, either store bought or your favourite home recipe

1 cup apple sauce

2 tablespoons salted butter

Juice of ½ lemon

¼ cup Parmesan cheese

¼ cup Italian parsley, chopped, as garnish

Method:

1. In a large pot of boiling water cook the gnocchi until it floats.
2. While the gnocchi are cooking, heat a large saucepan over medium heat and add the apple sauce, butter and lemon juice. Simmer until hot.
3. Add in the drained gnocchi. Stir in the Parmesan cheese and the chopped parsley. Plate the gnocchi in 4 bowls and top with the turkey, making sure to get every drop of the drippings out of the pan! Garnish with chopped parsley.

Apple Sauce 2.0 – Salted Caramel & Cinnamon Apple Sauce Crumble

Yield:

4 servings

Ingredients For the Apple Sauce:

2 cups sweetened apple sauce (if using unsweetened throw in ¼ cup of maple syrup)
½ teaspoon ground cinnamon

Method:

1. In a bowl combine the apple sauce and cinnamon. Set aside.

Ingredients For the Crumble:

¾ cup all-purpose flour
¾ cup oats
¾ cup brown sugar
¾ cup white sugar
½ teaspoon ground cinnamon
2 tablespoons salted butter, room temperature

Method:

1. Mix all the ingredients except for the butter.
2. Once everything is blended up, add the butter and mix until the butter is the size of small peas.

Ingredients For the Salted Caramel Sauce:

½ cup sugar
¼ cup water
½ cup 35% cream
1 tablespoon salted butter
½ teaspoon sea salt

Method:

1. In a medium saucepan over high heat, stir together the sugar and the water. Cook (without stirring) until the sugar dissolves. Continue to cook until the sugar becomes an amber brown colour.
2. Remove the pan from the heat and carefully drizzle in the heavy cream, whisking constantly (be careful it does not spatter on you!). Return the pan to low heat and continue whisking. The sugar might harden up a bit but be patient. It will smooth out.
3. Add the butter and salt, whisking until combined. Allow the caramel to cool.

To Assemble

1. Place the apple sauce equally in 4 ramekins.
2. Sprinkle the crumble topping equally on top of the apple sauce.
3. Bake in a preheated 400-degree F oven for 12-15 minutes, or until the crumble is golden brown and bubbling.
4. Pour the salted caramel sauce equally on top of the apple sauce & crumble mixture.



No Bake Apple Sauce & Maple Cheesecake

Yield:

4 servings

Ingredients:

2 cups 35% cream

$\frac{1}{4}$ cup white sugar

1 tablespoon vanilla extract

8-ounces cream cheese, room temperature

1 cup apple sauce

$\frac{1}{4}$ cup maple syrup

1 $\frac{1}{2}$ cups graham crackers, broken into small pieces but not "crumbs". You want texture!

Method:

1. In a mixing bowl (or an old school whisk) whip the cream, sugar and vanilla until it doubles in size and forms stiff peaks. Fold in the cream cheese. Place mixture in a piping bag if you have one. If not, a spoon will work.

2. In another bowl combine the apple sauce and maple syrup.

Grab 4 x 250 ml mason jars. Layer the jars with the graham cracker, cream cheese mixture and apple mixture. Try to get at least 3 layers of each item per jar. Place the lid on and refrigerate at least 2-3 hours so the graham cracker softens a bit.

3. To serve, take off the lids and drizzle some extra maple syrup on each one.

PRESERVE

by Chef Murray Zel



ARTICHOKES

Native to the Mediterranean region, the artichoke is highly respected by the Greeks and Romans. It is claimed to be an aphrodisiac, so I highly recommend these recipes for date night.

Artichokes are technically a flower bud that has not yet bloomed. One plant can produce up to twenty artichokes per year.

Artichokes can be packed in vinegar or olive oil. If you want to lessen the vinegar taste, simply rinse the artichokes after draining.

Artichoke Étouffée

Yield:

4 servings

Ingredients:

¼ cup butter
¼ cup flour, all-purpose
2 cups onion, diced
1 cup celery, diced
1 cup green bell pepper, diced
4 cloves garlic, minced
2 teaspoons fresh thyme, chopped
4 cups vegetable stock
Juice of 1 lemon
1 x 28-ounce can diced tomato
2 tablespoons Cajun or Creole seasoning
2 cups artichoke hearts, drained
Hot sauce, to taste
Salt & pepper, to taste
¼ cup green onion, thinly sliced, as garnish

Method:

1. In a large saucepan over medium heat, melt the butter. Add the flour and simmer, stirring frequently until the mixture becomes a dark brown colour, about 15 minutes (think the colour of peanut butter).
2. Add the onion, celery, and bell pepper and cook until tender, about 8-10 minutes.
3. Add the garlic and thyme and cook for 1 minute.
Whisk in the vegetable stock, lemon juice, tomatoes and Cajun or Creole seasonings.
4. Reduce heat and simmer for 20 minutes.
5. Add artichokes and adjust the seasoning, as necessary. Ladle into 4 bowls over your favourite rice recipe and garnish with the green onions.

Grapefruit & Artichoke Salad with Poppyseed Dressing

Yield:

4 servings

Ingredients:

6 tablespoons olive oil
1 tablespoon Dijon mustard
2 tablespoons red wine vinegar
1 tablespoon maple syrup
1 tablespoon poppyseeds
Salt & pepper, to taste
4 large handfuls of your favourite Mixed Greens
2 cups artichokes, drained
1 grapefruit, segmented
1 red bell pepper, cut into thin strips
1 carrot, either grated or curled

Method:

1. In a bowl whisk together the olive oil, mustard, vinegar, maple syrup and poppyseeds.
2. Add salt and pepper, to taste.
3. Gently toss in the mixed greens until coated. Divide the greens amongst 4 plates.
4. Top each salad with the artichokes, grapefruit segments, peppers and carrots.

Artichoke and Potato Frittata

Yield:

4 servings

Ingredients:

1 cup potatoes, peeled and medium dice
2 tablespoons olive oil, plus 1 tablespoon
1 cup artichokes, drained
6 large eggs, beaten
Salt and pepper, to taste

Method:

1. Drop the diced potatoes into a small pot of boiling water for about 2 minutes or until tender. Drain them and let them slightly cool.
2. In the best non-stick pan you have, heat the 2 tablespoons olive oil over low/medium heat. Add the artichokes and potatoes and sauté for 1 minute. Reduce the heat to low. Add the beaten eggs and a pinch of salt and pepper. Cook for 5-10 minutes or until cooked on the bottom.
3. Carefully place a plate on top of the frittata and invert the pan so the frittata is now on the plate. Place the non-stick pan back on the heat, add the last 1 tablespoon of olive oil and carefully slide the frittata back into the pan so the other side cooks.
4. Continue to cook on low for another 5-10 minutes or until the frittata is "cooked" or "set."
5. Cut into 4 equal pieces and serve with your favourite garden salad or even just some fresh crusty bread or ripe tomatoes.



Fried Artichokes & Chipotle Aioli

Yield:

4 servings

Ingredients For the Fried Artichokes

½ cup chickpea flour
2 tablespoons cornstarch
1 teaspoon soy sauce or tamari
½ cup water
2 cups artichokes, drained
Salt & pepper, to taste
Oil, for frying

Method:

1. In a bowl whisk together the chickpea flour, cornstarch, soy/tamari sauce and water until smooth.
2. Add the artichokes to the batter. Pour the artichokes into a colander with another bowl underneath it, to remove any excess batter.
3. In a deep fryer or in a large pot of oil on the stove, fry the artichokes until lightly golden brown, roughly 2-3 minutes. Drain on paper towel, sprinkle with salt and pepper and serve immediately with the chipotle aioli.

Ingredients For the Chipotle Aioli

1 can chipotle peppers in adobo sauce
8 cups mayonnaise

Method:

1. In a small food processor pulse the chipotle peppers until smooth.
2. Place the mayonnaise in a bowl and mix in the pulsed chipotle until thoroughly mixed. Refrigerate up to 1 week. This makes extra chipotle aioli. Trust me, you want the extra chipotle aioli for sandwiches or even on scrambled eggs the next day.



Prosciutto & Artichoke Pasta with Shrimp in a Beer Butter Sauce

Yield:

4 servings

Ingredients:

- 1 box (454 gram) dried fettuccine
- 2 tablespoons olive oil
- 2 slices prosciutto, sliced into thin ribbons
- 3 cloves garlic, minced
- 1 cup beer
- 2 cups artichokes, drained
- $\frac{1}{4}$ cup salted butter
- 1-pound large shrimp (21-25 works great), peeled & deveined
- $\frac{1}{4}$ cup fresh tomatoes, diced
- $\frac{1}{4}$ cup basil, chopped
- $\frac{1}{4}$ cup Italian parsley, chopped
- Salt & pepper, to taste

Method:

1. In a large pot of boiling water cook the fettuccine until tender.
2. While the pasta is cooking, in a large frying pan over medium high heat, add the olive oil and prosciutto. Stir the prosciutto until it becomes crispy.
3. Add the garlic and cook for 15 seconds. Very carefully add the beer (it could flare up).
4. Add the artichokes, butter, shrimp and tomatoes and reduce the sauce by half, stirring constantly so the shrimp cook equally. Season with salt and pepper, as necessary.
5. When the shrimp are pink, toss in the fettuccine, the basil and the parsley.

Chicken Breast & Mediterranean Veggie Sauté

Yield:

4 servings

Ingredients:

2 tablespoons olive oil
4 skinless boneless chicken breasts, cubed
1 cup red onion, sliced
1 cup red bell pepper, sliced
1 cup green bell pepper, sliced
2 cups artichoke hearts
1 cup fresh Roma tomatoes, diced
4 cups baby spinach
¼ cup black olives, pitted
1 tablespoon dried oregano
Juice of 1 lemon
½ cup Feta cheese, crumbled
Salt & pepper, to taste
¼ cup Italian parsley, chopped, as garnish

Method:

1. In a large frying pan over medium high heat, add the olive oil and sauté the chicken until lightly golden brown. Remove the chicken from the pan and set aside.
2. Add the red onion, bell peppers and artichokes hearts and sauté for 2-3 minutes until the onion is translucent and the peppers start to soften.
3. Add the tomatoes, baby spinach, olives, oregano and lemon juice. Continue to cook until the spinach is wilted. Place the cooked chicken back in the pan.
4. Sprinkle on the feta cheese and adjust the seasoning with salt and pepper, as necessary. Garnish with the chopped parsley. This dish is amazing with your favourite roasted lemon potatoes or rice.

ASPARAGUS

One of my favourite veggies for eating and growing – and you can literally see asparagus growing!

On our farm, we've seen asparagus spears grow ten to twelve inches daily. Pull up a chair, crack a beer, and watch them grow – it's better entertainment than most television shows. Asparagus has been consumed for more than two thousand years and was originally cultivated for medicinal properties. There are over two hundred varieties of asparagus, yet only about twenty of those are edible.

Usually, when someone opens a jar of asparagus, it's either for a garnish for a Caesar (in Canada, or a Bloody Mary elsewhere) or served on a charcuterie board because they don't know what else to do with these preserves.

So, whip up a Caesar for yourself (or Bloody Mary), give it a good ole garnish of pickled asparagus, and try a few of these recipes.

Stromboli with Pickled Asparagus, Salami & Mozzarella Cheese

Yield:

4 servings

Ingredients For the Dough:

1 cup warm water
1 teaspoon sugar
2 teaspoons dry active yeast
2½ cups flour, all-purpose, plus a little extra for kneading
1 teaspoon salt
1 tablespoon olive oil

Method:

1. In a bowl with a wooden spoon (or an electric mixer with the dough hook attachment if you have one), combine the warm water, sugar and yeast. Give it a quick stir and then wait about 10 minutes or until you start to see some bubbles.
2. Gradually add the flour and salt. Mix until it comes together (6-7 minutes with an electric mixer, probably a wee bit longer if going old school by hand).
3. Remove the dough and knead for 1 minute with your hands. Add more flour if necessary.
4. Put the olive oil in a bowl and place the dough in it. Cover with plastic wrap and allow the dough to double in size, approximately 1 hour.

Ingredients For the Sauce:

1 tablespoon olive oil
3 cloves garlic, minced
1 x 28-ounce can whole Italian tomatoes
Salt and pepper, to taste

Method:

1. In a small saucepan combine all the ingredients except for the salt and pepper. Using an immersion blender, pulse the mixture until smooth. Bring to a boil, then simmer for 20 minutes. Season with salt and pepper, to taste.

For the Filling

8 spears pickled asparagus
16 slices salami
2 cups mozzarella cheese, shredded
Any other meats, cheeses or veggies you want!

Method:

1. Preheat the oven to 375 degrees F. Divide the dough into 4 equal pieces. Roll each piece into the best rectangle you can muster.
2. Place sauce, pickled asparagus, salami, mozzarella cheese and anything else you want inside the dough.
3. Just like a burrito, roll the Stromboli into a cylinder shape, making sure the ends of the dough are tucked underneath for a better presentation. Place the Stromboli on a parchment-lined baking tray. For the top you can melt some butter and brush it on, and add crushed chili, dried oregano, Parmesan cheese etc. (essentially whatever you want).
4. Bake in the middle of the oven until golden brown and puffy, 20-25 minutes.



Oven Baked Pickled Asparagus Eggrolls

Yield:

16 eggrolls

Ingredients:

1 tablespoon olive oil
1-pound ground pork
1 teaspoon salt
1 teaspoon black pepper
½ cup onion, diced
2 cloves garlic, minced
2 tablespoons ginger, minced
2 teaspoons sambal oelek
2 cups cabbage, shredded
1 cup carrot, shredded
1 tablespoon soy sauce or tamari
16 eggroll wrappers
16 spears pickled asparagus, cut into 3 pieces per spear
3 tablespoons butter, melted

Method:

1. In a large skillet over medium-high heat, add the olive oil and ground pork. Cook until browned, approximately 8 minutes. Turn down the heat to low and stir in salt, pepper, onion, garlic, ginger and sambal oelek. Cook for an additional 2 minutes.
2. Add the cabbage, carrot, and soy/tamari sauce. Continue to cook for an additional 2-3 minutes or until all the liquid has evaporated. Allow the mixture to cool at least 15 minutes.
3. For assembly, lay the eggroll wrapper on a clean surface and place ¼ cup of the filling in each wrapper. Place 3 pieces of pickled asparagus in the middle of the filling.
4. Brush some water along all four sides of the wrapper and roll like a burrito. Start with the bottom and fold up, fold in both sides, then finish rolling up so you have a nice and tight "burrito" roll.
5. Place on a parchment-lined baking tray with the seam side down. Lightly brush with melted butter and pop them in a preheated 425-degree F oven for 12-15 minutes, or until golden brown. Serve with your favourite store bought or homemade sauces.

Pickled Asparagus Salad– Roma Style

Yield:

4 servings

Ingredients:

6 tablespoons olive oil
2 tablespoons balsamic vinegar
Salt & pepper, to taste
4 large handfuls of your favourite Mixed Greens
12 pickled asparagus spears, cut in half
½ cup roasted red peppers (either jarred or made yourself)
½ cup walnuts
1 small container of chevre goat's cheese

Method:

1. In a bowl whisk together the olive oil and vinegar. Add salt and pepper, to taste.
2. Gently toss in the mixed greens until coated. Divide the greens amongst 4 plates.
3. Top each salad with the asparagus, roasted peppers, walnuts and goat's cheese.

Chicken Leg & Thigh stuffed with Pickled Asparagus, Black Olive, Cream Cheese and Lemon

Yield:

4 servings

Ingredients:

1 cup cream cheese, room temperature
1 tablespoon dried oregano
¼ cup pickled asparagus, thinly sliced
¼ cup black olives, pitted and roughly chopped
1 tablespoon lemon juice
¼ teaspoon black pepper
4 skin on boneless chicken leg & thighs
1 tablespoon olive oil
Salt & pepper, to taste

Method:

1. In a bowl mix the cream cheese, oregano, asparagus, black olive, lemon juice and pepper together until well combined. Divide into 4 equal portions and roll each one into a ball.
2. Place the balls of the cheese mixture onto a workspace and place the chicken, skin-side out, onto a parchment-lined baking tray. Make sure the cheese mixture is completely encased inside the chicken, so cheese does not leak out. The chicken will resemble little baseballs.
3. Lightly brush the skin with olive oil and sprinkle a pinch of salt and pepper on the outside of the skin. In a preheated oven set to 350 degrees F, bake the stuffed chicken for 35-40 minutes, or until the skin is golden brown, and the juices run clear. Serve this chicken with your best Greek salad.

Baked Salmon with a Grainy Mustard Crust with Pickled Asparagus Salsa Verde

Yield:

4 servings

Ingredients:

4 x 4-ounce salmon fillets

½ cup grainy Dijon mustard

Method:

1. Place the salmon skin side down on a parchment-lined baking tray. Spread the mustard evenly over the top of the 4 pieces of salmon.
2. Preheat the oven to 400 degrees F and bake for 12 to 15 minutes, or until the salmon is cooked through.

Ingredients For the Pickled Asparagus Salsa Verde:

1 small jalapeño

½ small onion, peeled

1 clove garlic

½ cup pickled asparagus, sliced

½ cup cilantro, chopped

1 teaspoon sugar

Juice of 1 lime

2 tablespoons olive oil

Salt and pepper, to taste

2 tablespoons pickled asparagus brine

Method:

1. Preheat broiler and place jalapeño, onion and garlic on a tray just underneath the broiler. Broil until fragrant and blistering. Flip the jalapeño, onion and garlic over and blister the other side. Allow to cool slightly and then roughly chop both.
2. In a food processor combine all ingredients except salt, pepper and pickled asparagus brine. Pulse until mixed but still a little chunky. Add brine to thin out the Salsa Verde if necessary. Season with salt and pepper, as necessary.

Sichuan Pork Belly & Pickled Asparagus

Yield:

4 servings

Ingredients:

6 cups water, for boiling pork (reserving 2 cups when discarding the liquid!)

¼ cup fresh ginger, cut into large slices

1 whole white onion, cut in quarters

1 jalapeño, cut in half lengthwise

1 whole bulb garlic, smashed into cloves with skin on

2-pounds pork belly, cut into 1-inch pieces

2 tablespoons vegetable oil

½ cup brown sugar

½ cup soy sauce

2 teaspoons ground ginger

2 teaspoons Chinese 5 Spice Powder

1 tablespoon red pepper flakes

12 pickled asparagus spears, cut in half

¼ cup green onion, thinly sliced, as garnish

Method:

1. In a large stock pot over high heat bring the 6 cups water to a boil with the ginger, onion, jalapeño and garlic. Reduce to a simmer and continue to cook for 10 minutes. Add pork belly and simmer for an additional 10 minutes. Remove pork belly and dry on some paper towel. Dispose of the cooking liquid, but reserve 2 cups of liquid.
2. In a large frying pan over medium high heat, add the vegetable oil and pork belly cubes. Fry until the pork is brown on all sides, approximately 25-30 minutes. Remove the pork and all but 3 tablespoons of pork fat from the pan. Strain the pork belly from the fat and dry on some paper towel. Set aside.
3. Add the brown sugar to the pan and cook over medium heat until the sugar starts to bubble and melt down. Carefully (it can sputter at this point!) add the reserved liquid and mix thoroughly. Add the soy sauce, ground ginger, Chinese 5 Spice and red pepper flakes.
4. Add the pork belly back in and simmer, covered on low for about 45 minutes. The pork belly should be tender. Throughout cooking add a bit of warm water if the pork appears to be drying out. When the pork belly is tender add the pickled asparagus and heat throughout.
5. Garnish with green onion. I love this dish with some simple boiled rice noodles and a bit of cracked pepper.

A glass jar filled with sliced pickled beets and a white plate with more beets.

PRESERVE

by Chef Murray Zehr

BEETS

It is believed that the beet originated from North Africa, and only the leaves were eaten. Pickled beets are delicious, but there is so much more you can do with them.

I'm blown away by the shock value I get when I use pickled beets in my signature dishes in my restaurant. Try it yourself. Use a few of these pickled beet recipes and invite your friends for dinner. Tell them the theme is "pickled beet night." It will blow their minds. Guaranteed!

Trivia: Beets are a hangover cure. No lie! And Einstein hated beets.

Pickled Beet Salmon Cakes

Yield:

8 salmon cakes

Ingredients:

2 cans salmon, drained (213-gram cans)
½ cup pickled beets, drained and diced
½ cup green onions, thinly sliced
2 tablespoons chopped fresh dill
2 tablespoons lemon juice
2 tablespoons Dijon mustard
¼ cup all-purpose flour
3 eggs, beaten
½ cup panko breadcrumbs
Salt & pepper, to taste
2 tablespoons vegetable oil, plus more as needed
4 lemon wedges, as garnish

Method:

1. In a large bowl, mix the first 6 ingredients until just incorporated. Form into 8 evenly sized cakes.
2. Flatten the cakes into little pucks and place each one in a bowl of flour, then beaten egg, then breadcrumbs.
3. In a large skillet over medium heat, add the vegetable oil and pan fry the cakes until golden and crispy, roughly 3-4 minutes per side. Drain on paper towel. Season with salt & pepper, as necessary. Serve with lemon wedges.

Pickled Beet Devilled Eggs

Yield:

12 eggs

Ingredients:

6 large eggs
3 tablespoons mayonnaise
1 tablespoon Dijon mustard
½ cup pickled beets, diced (reserving some for garnish)
Salt & pepper, to taste

Method:

1. Put eggs in a pot of cold water, ensuring at least an inch of water covering the eggs. Bring to a boil over high heat.
2. As soon as eggs boil, take off the heat and cover the pot with a lid for 8 minutes.
3. After the time is up, drain the eggs and place them in an ice bath for at least 10 minutes.
4. Once the eggs have cooled, peel them and slice in half lengthwise. Remove the yolk and place in a small bowl.
5. Mash the yolks with a fork and add the mayonnaise, mustard and pickled beets. Season with salt and pepper, as necessary. Stir until evenly incorporated.
6. Using a spoon or a piping bag, fill the egg whites with the yolk mixture.
7. Garnish with the diced pickled beets and serve.

Pickled Beet Bruschetta with Goat's Cheese

Yield:

4 servings

Ingredients:

2 cups pickled beets, drained and diced
1 tablespoon olive oil
2 cloves garlic, minced
¼ cup red onion, diced
6-8 basil leaves, thinly sliced
Salt & pepper, to taste
1 French baguette or similar Italian bread
¼ cup soft goat's cheese

Method:

1. In a bowl mix together the pickled beets, olive oil, garlic, red onion and basil. Season with salt & pepper, as necessary.
2. Place oven onto broil. Slice the bread into ½ inch slices and arrange on a parchment-lined baking tray. Once toasted on 1 side, flip the bread over and lightly toast the other side of the bread.
3. Place toasted bread on your desired serving platter and place the beet bruschetta mixture in a bowl with a spoon. Crumble goat's cheese on top of the beet bruschetta.



Linguini with Cherry Tomatoes, Pickled Beets, Basil and Roasted Garlic

Yield:

4 servings

Ingredients:

1 box linguini (454 grams)
2 tablespoons olive oil
2 cups cherry tomatoes, cut in half
½ cup pickled beets, drained
1 bunch fresh basil, roughly chopped (saving a few leaves whole for garnish)
1 whole bulb garlic, roasted (hit the Internet if unsure)
¼ cup Parmesan cheese
Salt & pepper, to taste

Method:

1. In a large pot of boiling water cook the linguini, stirring frequently.
2. While the pasta is cooking, in a medium saucepan over medium high heat, add the olive oil and the cherry tomatoes. Cook until the tomatoes start to break down and release some of their juices.
3. Add the pickled beets, the roughly chopped basil and all the cloves from the roasted whole bulb of garlic. Continue to cook for 1-2 minutes or until everything is hot.
4. Add the cooked, drained linguini and half the Parmesan. Adjust the seasoning with salt & pepper, as necessary.
5. Divide into 4 bowls and top with the remaining Parmesan and basil leaves.

Fresh Trout with Cheesy Pickled Beet Risotto

Yield:

4 servings

Ingredients For the Trout:

1 pound trout, skin on and cut into 4 equal fillets
Salt & pepper, to taste
2 tablespoons olive oil
2 tablespoons butter
2 tablespoons white wine
Juice of 1 lemon

Method:

1. Season the fish with the salt & pepper. In a large skillet over medium heat, add the olive oil and place the fish skin side down (flesh side up). Cook for 4-5 minutes and flip over, continuing to cook for another 3-4 minutes.
2. Take the fish off the heat and add the butter, white wine and lemon juice. Cover and let rest for 2 minutes.

Ingredients For the Cheesy Pickled Beet Risotto:

4 cups chicken or vegetable stock
1 cup pickled beet brine
2 tablespoons olive oil
½ cup onion, diced
2 cloves garlic, minced
1 cup Arborio rice
1 cup pickled beets, drained, diced
1 tablespoon salted butter
¾ cup Parmesan cheese
¾ cup Italian parsley, chopped, as garnish

Method:

1. In a small saucepan over medium heat, add the chicken or vegetable stock with the pickled beet brine until hot. In a medium saucepan over medium heat, add the oil and the onion. Cook until onion is translucent and tender. Add garlic and cook for 1 more minute.
2. Add the Arborio rice and toss to coat, making sure the oil gets onto every grain of rice.
3. Add 1 ladle full of the warm stock and stir regularly until stock is absorbed. Repeat adding stock, 1 ladle at a time, until most of the stock is absorbed in the rice. This normally takes 15-25 minutes (depending how hot your stovetop is).
4. When you are left with the last ladle of stock, add the diced pickled beets, butter and cheese. Stir, and cover to rest for 5 minutes.
5. Spoon the risotto into 4 equal portions. Place one trout fillet (skin-side up) on each risotto and pour the lemon, white wine and butter sauce over the fish. Garnish each dish with chopped parsley.



Chicken & Pickled Beet Cream Sauce with Pickled Beet Mashed Potatoes

Yield:

4 servings

Ingredients For the Chicken:

4 boneless skinless chicken breasts, pounded thin
¼ cup flour, all-purpose
2 tablespoons olive oil
Salt & pepper, to taste
2 cups 35% cream
¾ cup pickled beets, diced

Method:

1. Lightly dredge the chicken in flour, shaking off any excess flour. In a large frying pan over medium heat, add the oil and sauté the chicken until golden brown. Season with salt & pepper. Flip the chicken over and continue cooking. Add more oil if necessary.
2. Add 1 cup of the cream to the pan. Bring pan to a boil for 30 seconds. Reduce to a simmer.
3. Turning the chicken over in the pan, continue to add the remaining 1 cup of cream until the sauce is reduced enough to coat the back of a spoon. Add the pickled beets to the chicken and sauce. This is a saucy dish. That is ok! All the sauce gets poured on top of those delish beet mashed potatoes.

Ingredients For the Beet Mashed Potatoes:

6 cups peeled and diced potatoes
3 tablespoons salted butter
¾ pickled beets, diced
½ cup pickled beet brine
Salt & pepper, to taste

Method:

1. In a large stock pot over high heat, add potatoes and boil uncovered for 15 minutes or until fork tender. Drain well.
2. Add butter and pickled beets with brine to the potatoes. Mash and season with salt and pepper, as necessary. These potatoes can be made up to 2 days ahead of time and reheated on the stovetop on low until warmed through.

PRESERVE

by Chef Murray Zeln



CARROTS

Originally from the Middle East and Central Asia, the carrot's ancestor was purple or black in colour. Today, there are over one hundred varieties that range in colour from white, yellow, orange, black, and purple.

Pickled carrots have always been tricky for participants in my classes. Most cannot get past opening a jar and putting it on a charcuterie platter.

I've included many Asian-inspired recipes using pickled carrots as the flavour profiles in this book. The result is truly restaurant-quality!

Trivia: Mel Blanc (the voice of Bugs Bunny) hated carrots.

Gyoza with Pickled Carrots

Yield:

40 pieces

Ingredients:

½-pound ground pork
1 cup cabbage, finely chopped
½ cup pickled carrot, drained and finely chopped
½ cup button mushroom, finely chopped
2 cloves garlic, minced
2 teaspoons ginger, minced
1 tablespoon soy sauce or tamari
1 teaspoon salt
1 teaspoon black pepper
40 gyoza wrappers
2 tablespoons sesame oil
1 cup water
For The Sauce
¼ cup soy sauce or tamari
¼ cup carrot brine
1 tablespoon sesame oil

Method:

1. In a large bowl combine the first 9 ingredients and mix thoroughly with your hands.
2. Place 1 heaping teaspoon of the filling into the middle of the dumpling wrapper. Using your finger, lightly dampen the half of the outer rim with water. Fold the wrapper in half. Using your fingertips, make pleats to seal the dumpling. Repeat for the remaining wrappers and filling.
3. In a large non-stick frying pan over medium heat, add half the sesame oil and half the dumplings, leaving a bit of room between each one so that they can steam. Fry for 2-3 minutes.
4. Pour half the water into the pan and cover. Steam the dumplings until the water has almost evaporated, roughly 6-8 minutes. Remove the lid and continue the cooking process until the water has completely evaporated.
5. While the gyoza are steaming whisk the soy/tamari sauce, pickled carrot brine and sesame oil into a serving dish of your choice.
6. Place the serving plate you wish to use on top of your freshly prepared gyoza. Invert the dumplings and serve with the dipping sauce. Cook the remaining gyoza or place in the freezer for future use. Gyoza can be frozen uncooked up to one month.



Thai Coconut Shrimp & Pickled Carrot Soup

Yield:

4 servings

Ingredients:

2 tablespoons olive oil
½ cup red bell pepper, thinly sliced
½ cup button mushrooms, sliced
2 cloves garlic, minced
1 tablespoon ginger, minced
½ cup pickled carrot, drained and thinly sliced
3 tablespoons red curry paste
4 cups chicken or vegetable stock
1 tablespoon soy sauce or tamari
1 can regular coconut milk (398 ml can)
1 teaspoon brown sugar
Juice of 1 lime
1-pound medium size shrimp, peeled & deveined
Salt & pepper, to taste
4 lime wedges, as garnish
¼ cup green onion, thinly sliced, as garnish
¼ cup fresh cilantro, chopped, as garnish

Method:

1. In a medium size soup pot over medium heat, add the oil and sauté the pepper and mushroom for 2 minutes.
2. Add the garlic, ginger and pickled carrot and sauté until fragrant. Stir in the red curry paste and simmer a few more minutes.
3. Stir in the stock, soy/tamari sauce, coconut milk, brown sugar and lime juice. Simmer on low for 15 minutes.
4. Just before serving, add the shrimp and cook 3-4 minutes until the shrimp has just turned pink in colour.
5. Remove from the heat and transfer to 4 bowls. Garnish with lime wedge, green onion and cilantro.

Asian Pickled Carrot Rice Wraps

Yield:

24 rice wraps

Ingredients:

24 rice wrappers
1 large bowl of warm water
1 cup rice noodles, cooked and cooled
½ cup pickled carrot
½ cup red pepper, thinly sliced
½ cup celery, thinly sliced
½ cup cucumber, thinly sliced
½ cup green cabbage, thinly sliced
½ cup green onion, thinly sliced
½ cup cilantro, coarsely chopped
½ cup mint leaves, coarsely chopped
2 tablespoons black & white sesame seeds

Method:

1. Have all the rice noodles, veggies and herbs in separate bowls ready to assemble. (The rice wrappers can overcook quickly, so you want to be organized.)
2. Place 1 rice wrapper at a time in the warm water so that it hydrates. You want the wrapper pliable enough to roll, but not in the water too long, whereas it will start to break down. If this is your first time, do a practice roll or two. It gets easier with practice.
3. Remove the rice wrapper from the water and hold it up a few seconds to drain off any excess water.
4. Place the wrapper on a flat surface and load it up however you want with any amount of rice noodles, veggies and herbs you wish. You want to keep the fillings in the center of the rice wrapper and roll it like a burrito, whereas the ends are folded in. Roll as tight as you can without damaging the rice wrapper and try not to overfill, or the wrapper could break.
5. Remember, this takes practice but once you get the hang of this, summer parties will never be the same! These rice wraps can be made hours ahead. Simply cover them with a lightly dampened rag or tea towel and leave them in the fridge until you are ready. Serve them with your favourite Asian-inspired dipping sauce.

Gaji Bokkeum (Eggplant with Pickled Carrot and Rice Noodles)

Yield:

4 servings

Ingredients:

¼ cup olive oil
1 large eggplant, cut into 1-inch cubes (about 6 cups)
1 jalapeño, seeds and ribs removed, finely diced
2 cloves garlic, minced
¼ tablespoon Sriracha sauce
1 tablespoon soy sauce or tamari
1 cup pickled carrots, drained and cubed or sliced
¼ cup pickled carrot brine
1 teaspoon brown sugar
1 tablespoon sesame oil
Juice of 1 lime
Salt & pepper, to taste
1 tablespoon black and white sesame seeds, as garnish
4 lime wedges, as garnish
½ package rice noodles, soaked in hot water until tender

Method:

1. In a large frying pan over medium-high heat, add the olive oil and stir fry the eggplant quickly for about 4-5 minutes, or until they start to soften and get a golden-brown colour.
2. Add the jalapeño and garlic and cook an additional 2 minutes.
3. Add all the remaining ingredients except for the garnishes and rice noodles, continue to stir-fry until the eggplants are well coated and fully cooked, about 5 minutes. Season with salt and pepper, as necessary.
4. Drain rice noodles and combine everything in the pan. Divide amongst 4 plates. Garnish with sesame seeds and lime wedges.

General Tso Chicken with Pickled Carrot, Garlic & Roasted Broccoli

Yield:

4 servings

Ingredients For the Chicken:

1½ pounds boneless skinless chicken thighs, cut into 1-inch pieces
½ cup flour, all-purpose
½ cup cornstarch
Vegetable oil, for frying
2 teaspoons black and white sesame seeds, as garnish
2 tablespoons green onion, thinly sliced, as garnish

Method:

1. Mix the flour and cornstarch in a shallow bowl.
2. Toss the chicken thighs in the flour mixture. Shake off any excess flour mixture.
3. In a deep-fryer or over a medium sized pot on the stove, fry the chicken in batches at 350 degrees F for about 5 minutes or until golden brown. Repeat until all the chicken is fried.
4. Keep warm until you are ready to toss it in the sauce.
5. Once sauced, garnish with the sesame seeds and green onions.

Ingredients For the Sauce:

2 teaspoons olive oil
2 cloves garlic, minced
½ teaspoon crushed red pepper flakes
¾ cup chicken stock
2 tablespoons hoisin sauce
3 tablespoons brown sugar
¾ cup soy sauce or tamari
¾ cup pickled carrot brine
1 tablespoon cornstarch
1 teaspoon black pepper

Method:

1. In a medium saucepan over medium heat, combine the oil, garlic and crushed red pepper flakes and cook for 15-20 seconds or until fragrant. Whisk together the chicken stock, hoisin sauce, brown sugar, soy/tamari sauce, pickled carrot brine, cornstarch and black pepper.
2. Add the liquid mixture to the pan and bring to a simmer. Cook for 2-3 minutes or until the sauce has thickened. Add the chicken pieces to the pan and coat in the sauce.

Ingredients For the Pickled Carrot, Garlic & Roasted Broccoli:

1 large or 2 small heads of broccoli, cut into large fleurettes.
1 whole bulb of garlic, broken into individual cloves with the skins removed
3 tablespoons olive oil
1 teaspoon salt
1 teaspoon black pepper
½ cup pickled carrots, drained, left in sticks or diced (you decide)

Method:

1. Preheat the oven to 400 degrees F. On a parchment-lined baking tray, mix the broccoli, garlic, oil, salt and pepper. Roast broccoli for 30 minutes, turning frequently, until lightly browned and crispy. In the last 5 minutes of roasting, add the pickled carrots. Remove from oven and put aside.
2. Serve on a bed of your favourite steamed rice and top with the General Tso Chicken. Sprinkle with sesame seeds and green onion. Enjoy!



General Tso Chicken with Pickled Carrot, Garlic & Sesame
Honeydew

5 Spice Pulled Pork & Pickled Carrots via the Slow Cooker

Yield:

About 12 cups

Ingredients:

6-pound pork shoulder, bone-out
2 tablespoons Chinese 5-spice powder
6 cloves garlic, peeled
¾ cup ginger, minced
¾ cup soy sauce or tamari
¾ cup maple syrup
1 cup pickled carrot with brine, diced or sliced
1 tablespoon sesame oil

Method:

1. Place pork shoulder in crockpot and sprinkle the top with the Chinese 5-spice powder.
2. Add the rest of the ingredients to the crockpot and secure the lid. Allow the pork to cook on high for 6-8 hours, or until the pork is fork tender and falling apart.
3. Carefully remove the pork and allow it to slightly cook before shredding it with a couple forks.
4. Remove any excess pieces of fat or connective tissue. Once the pork is fully shredded, place it back in the crockpot in the juices and leave on warm until ready to use.
5. Serve on some steamed rice or rice noodles with any sautéed vegetables of your choice! One of my favourites is to take any leftover pork and add it to steamed buns the next day.



CHERRIES

Cherry trees grow up to sixty-five feet tall. There are over five hundred varieties, which fall into two basic categories: sweet cherries and sour cherries. Chances are the preserved cherries you have are sour as they are more often cooked and preserved than eaten raw.

In Canada, we hold the record for baking the largest cherry pie in the world. It weighed 39,683 pounds. Go Canada! Sorry America, but you still have the world record for cherry-pit spitting. Ninety-three feet is not bad!

For these cherry dishes, you need to crack the jar and taste the cherries first. Some recipes have cinnamon, nutmeg, allspice, or more in them. There's nothing wrong with that, and the flavour profile could easily be an epic profile for these recipes. Just be sure to taste first so you can adjust the seasonings, if necessary.

Cherry & Bourbon Chicken Wings

Yield:

4 servings

Ingredients:

1 tablespoon olive oil
¼ cup onion, diced
2 cloves garlic, minced
1-ounce bourbon
¼ cup preserved cherries
¼ cup preserved cherry juice
¼ cup ketchup
¼ cup apple cider vinegar
2 tablespoons brown sugar
1 tablespoon Dijon mustard
2 teaspoons salt
1 teaspoon black pepper
2-pounds chicken wings
1 tablespoon olive oil
1 teaspoon salt

Method:

1. In a small saucepan over medium heat, add the oil, onion and garlic, stirring occasionally, and cook until fragrant and slightly browned, roughly 1-2 minutes.
2. Add the bourbon and deglaze the bottom of the pan, scrapping all the crispy bits from the bottom of the pan. Be careful when adding the bourbon as it could flare up.
3. Add the cherries, cherry juice, ketchup, apple cider vinegar, brown sugar, mustard, salt and pepper.
4. Bring to a simmer and cook, stirring often, until thickened, about 5-6 minutes.
5. Remove from heat and let cool slightly, about 10 minutes. Transfer mixture to a blender and process until smooth. This sauce can be made up to 3 days in advance.
6. Preheat oven to 450 degrees F. Toss chicken wings with remaining vegetable oil and salt. On a parchment-lined baking tray, place the chicken wings (preferably not touching each other) and bake in the oven for roughly 20-25 minutes or until the chicken looks crispy and golden brown.
7. In a bowl toss the chicken wings with the Cherry Bourbon sauce. Serve immediately.



Mini Cherry & Gorgonzola Turnovers

Yield:

16 pieces

Ingredients:

1 sheet 10 x 10-inch thawed all-butter puff pastry
¼ cup flour, all-purpose
¼ cup gorgonzola cheese
¼ cup cherries, drained
1 large egg, beaten and mixed with 1 teaspoon water

Method:

1. Unroll the thawed puff pastry pieces onto a lightly floured surface.
2. Cut the roll in 4 equal quarters. Cut each quarter into 4 pieces to end up with 16 pieces total.
3. Place equal amounts of gorgonzola and cherries into the middle of each piece of puff pastry.
4. Fold each piece over to make little turnovers and brush each top with the egg/water mixture.
5. Place the pieces on a parchment-lined baking tray and put in the fridge for at least 30 minutes so the butter in the dough firms up.
6. Preheat the oven to 400 degrees F. Remove the baking tray from the fridge and bake for 10-15 minutes, or until golden brown and puffed up. Let cool slightly and serve.

Oven Baked Baby Back Ribs with Spicy Cherry Chipotle BBQ Sauce

Yield:

4 servings

Ingredients For the Ribs:

4 full rack of baby back pork ribs, membrane removed and cut in half
Salt & pepper, to taste

Method:

1. Season both sides of the ribs with salt and pepper.
2. Place the ribs in a large roasting pan and cover with a lid or tinfoil.
3. Bake the ribs at 275 degrees F for 3-4 hours or until they are tender.
4. Remove ribs and place on a parchment-lined baking tray. Preheat the broiler.
5. Slather generous amounts of Cherry BBQ Sauce on top of the ribs and broil them until they get crispy on top and start to caramelize.
6. Place the remaining sauce in a small bowl for dipping.

Ingredients For the Cherry Chipotle BBQ Sauce:

2 tablespoons olive oil
2 cloves garlic, minced
¼ cup onion, finely diced
1 cup ketchup
½ cup cherries
1 cup cherry juice
1 can Chipotle pepper in adobo sauce (198 gram can)
1 tablespoon Worcestershire Sauce
1 tablespoon soy sauce or tamari
1 tablespoon maple syrup
1 tablespoon molasses (fancy, not black strap!)
Juice of 1 lime
Salt & pepper, to taste

Method:

1. In a small saucepan over medium high heat, add oil and cook the garlic and onions until translucent and fragrant approximately 1-2 minutes.
2. Add remaining ingredients and bring to a boil. Simmer for 5 minutes.
3. Remove from heat and let cool slightly, about 10 minutes. Transfer mixture to a blender and process until smooth. This sauce can be made up to 3 days in advance. Adjust the seasoning as necessary with salt and pepper.

Peppered Beef Tenderloin with Cherry Cognac Demi-glaze

Yield:

4 servings

Ingredients:

1 tablespoon olive oil
1 small shallot, finely diced
4 cups beef stock (if store bought get the zero or low sodium!)
½ cup cherry juice
½ cup red wine
4 x 4-ounce beef tenderloins, silver skin removed, lightly rubbed with olive oil
2 teaspoons salt
¼ cup cracked black pepper
1-ounce cognac
½ cup cherries, drained
2 tablespoons cold salted butter, cut into cubes

Method:

1. In a medium saucepan over medium high-heat, add the oil and shallot and lightly brown, approximately 4-5 minutes. Add the beef stock, cherry juice and red wine. Turn heat down to medium and reduce by about 75% (a little over 1 cup of this concentrated liquid will be left). Keep the sauce warm until ready to use.
2. In a large frying pan or griddle pan, heat the pan until extremely hot. Extremely hot!
3. Making sure only the tenderloins are lightly oiled (NOT THE PAN), season with salt and cracked black pepper, making sure to push the cracked peppercorns into the tenderloins. Carefully place the tenderloins in the pan and cook on both sides until you have a nice golden-brown crust. (I prefer medium rare, but it is up to you. If you like well done meat, I recommend squishing down the tenderloins before putting them in the hot pan.)
4. Once you have cooked the tenderloins to your degree of chosen doneness, remove from the pan and rest about 2 minutes.
5. While the beef is resting, put the pan back on high heat and deglaze with the cognac (be careful!). Add the cherries and the demi-glaze that was kept warm to the pan.
6. Swirl in the cold butter to finish the sauce. Plate the tenderloin on top of your favourite roasted vegetable and roasted potato recipe. Drizzle the demi-glaze over each one.



Hot Cherry Arborio Rice Pudding

Yield:

4 servings

Ingredients:

4 cups whole milk (3.5%)
1 cup Arborio rice
 $\frac{3}{4}$ cup 35% cream
 $\frac{1}{2}$ cup white sugar
2 egg yolks
2 teaspoons ground cinnamon
2 teaspoons vanilla extract
1 pinch salt
1 cup preserved cherries, drained

Method:

1. Bring milk to a boil in a large pot on medium heat, stirring constantly.
2. Once the milk boils, stir in the rice and keep stirring until the milk returns to a boil.
3. Reduce heat to the lowest setting and allow rice to simmer. Simmer for 30 minutes, stirring every 10 minutes to ensure no rice sticks to the bottom of the pan. (Do not worry if a skin forms, stir it back in.)
4. While the rice is cooking, whisk together the 35% cream, sugar, yolks, cinnamon, vanilla, salt and preserved cherries in a separate bowl. Allow the mixture to come to room temperature.
5. Once the rice has simmered for 30 minutes, continue simmering but ensure you stir it every 5 minutes to prevent scorching. Taste the rice frequently at this point to make sure the rice is tender and not hard. Remove from heat once you have the desired doneness. The mixture will still be runny at this point. It will firm up when the egg yolks get to do their thing.
6. Using a ladle, carefully add some of the hot rice/milk mixture to the egg yolk mixture while constantly whisking and putting in only a few drops at a time (this is called tempering and if you go too quickly you end up with scrambled eggs in rice pudding). Get some help in the kitchen to either pour or whisk if you need it.
7. Increase to a slow stream while constantly whisking. Once you have added half the milk/rice mixture in, slowly and carefully take the tempered yolk mixture and stir it back into the pot.
8. Simmer for 5 minutes on low heat stirring constantly. The rice pudding will look thicker. If the mixture looks too thin, continue to stir on low heat until the desired consistency is achieved. Serve immediately.

Individual Cherry Cobbler

Yield:

4 servings

Ingredients For the Cherry filling:

2 cups preserved cherries
¾ cup cherry juice
¾ cup brown sugar
2 tablespoons cornstarch
1 tablespoon lemon juice
Pinch of salt

Method:

1. In a small saucepan over medium heat, combine all the ingredients and bring to a boil. Allow to cool slightly then place equally in 4 ramekins.

Ingredients For the Batter:

½ cup flour, all-purpose
½ cup brown sugar
1½ teaspoons baking powder
1 egg
¼ cup milk

Method:

1. Mix the flour, sugar, baking powder, egg and milk in a bowl until smooth.
2. Preheat the oven to 375 degrees F and pour the batter on top of the cherry mixture. On a parchment-lined baking tray, bake the cobblers for 20 minutes or until golden brown on top.

PRESERVE

by David Murray Zetir



CORN RELISH

Corn Relish can also be labelled as Corn Salsa.

This tasty concoction has so much more diversity than simply topping a hotdog or hamburger. Typically, the relish or salsa has sweet bell peppers, celery, onion, and dry mustard. After a night at the pub, I love drenching my sausage from the street meat vendor in corn relish, but trust me, these recipes take something as simple as corn relish to a whole new level.

And if it's trivia night at the pub, the average ear of corn has eight hundred kernels in sixteen rows.

Jalapeños Stuffed with Corn Relish & Cream Cheese

Yield:

16 pieces

Ingredients:

½ cup corn relish

½ cup cream cheese, room temperature

8 large jalapeños, sliced in half and seeds/ribs removed

¼ cup green onion, thinly sliced, as garnish

Method:

1. Mix the corn relish and cream cheese until smooth.
2. On a parchment-lined baking tray, place the jalapeño halves. Fill each jalapeño with the corn relish mixture.
3. In a 400-degree F pre-heated oven, place the jalapeños until bubbling and slightly charred, approximately 20 minutes. Garnish with the green onion.

Corn Relish Jalapeño Corn Bread Muffins

Yield:

12 muffins total

Ingredients:

1 cup cornmeal
1 cup flour, all-purpose
1 teaspoon baking powder
½ teaspoon baking soda
½ cup salted butter, melted
2 tablespoons vegetable oil
¼ cup brown sugar
2 tablespoons honey
1 large egg, room temperature
½ cup milk
½ cup corn relish
1 jalapeño, seeds removed and finely diced

Method:

1. Preheat oven to 425 degrees F. Line a 12-count muffin pan with either muffin liners or cooking spray.
2. Whisk the cornmeal, flour, baking powder and baking soda together. Set aside.
3. In another bowl, whisk the melted butter, oil, brown sugar, and honey together until smooth and thick. Whisk in the egg, followed by the milk. Add in the corn relish.
4. Pour the wet ingredients into the dry ingredients and whisk until just combined. Fold in the jalapeño peppers.
5. Using a muffin scoop, place equal parts batter in each of the 12 spaces until all the batter is gone.
6. Bake for 5 minutes in the middle of the oven. After 5 minutes reduce the heat down to 350 degrees F (without opening the oven) and continue to bake for another 15 minutes. Use a toothpick to test (if the toothpick comes out clean the muffins are done).
7. Cool slightly and enjoy.



Corn Relish Elote Boats

Yield:

4 servings

Ingredients:

2 tablespoons vegetable oil
1 cup red onion, diced
2 cloves garlic, minced
1 teaspoon chili powder
1 teaspoon ground cayenne pepper
1 teaspoon smoked paprika
1-pound ground pork
 $\frac{1}{2}$ cup corn relish
 $\frac{1}{4}$ cup mayonnaise
 $\frac{1}{4}$ cup cilantro, coarsely chopped (reserving some for garnish)
Juice of 1 lime
Salt & pepper, to taste
2 large red bell peppers, sliced in half lengthwise, seeds and ribs removed
 $\frac{1}{4}$ cup cotija cheese (feta can be substituted if you cannot find cotija cheese)
 $\frac{1}{4}$ cup sour cream, as garnish
 $\frac{1}{4}$ cup green onion, thinly sliced, as garnish
4 lime wedges, as garnish

Method:

1. In a large frying pan over medium heat, add the oil and sauté the onions for 5 minutes until translucent and fragrant. Add the garlic, chili powder, cayenne, smoked paprika and ground pork. Cook until the pork is crispy and golden brown.
2. Remove from heat and allow to cool slightly. To the pan add the corn relish, mayonnaise, cilantro (reserving some for garnish) and lime juice. Adjust seasoning, as necessary.
3. Place the bell peppers on a parchment-lined baking tray and fill the peppers with the pork mixture.
4. Preheat the oven to 375 degrees F and bake the peppers until the pepper flesh softens and starts to blister slightly, approximately 30 minutes.
5. Remove the peppers from the oven and set oven to broil. Top the peppers with the Cotija (or feta) cheese and broil until lightly browned on top.
6. Plate the peppers and garnish with the sour cream, green onion and lime wedges

Corn. Beef. Hash.

Yield:

4 servings

Ingredients For the Spice Blend:

1 tablespoon ground allspice
1 tablespoon mustard seeds
1 tablespoon ground coriander
1 tablespoon ground black pepper
1 tablespoon ground ginger
½ tablespoon red pepper flakes
½ tablespoon ground cinnamon
½ tablespoon salt

Method:

1. Mix all ingredients together. Store in a dark, dry cool area.

Ingredients For the Beef:

4 x 4-ounce beef tenderloins
1 tablespoon vegetable oil
2 tablespoons spice blend

Method:

1. In a large frying pan over high heat, lightly rub vegetable oil on the beef tenderloins and sprinkle each one with a dusting of the spice blend. Sear on both sides to form a crust. Turn the heat down and continue cooking the beef until it is cooked to your preferred degree of doneness.

Ingredients For the Hash:

2 cups skin-on russet potato, 1-inch dice
2 cups peeled sweet potato, 1-inch dice
2 cups peeled carrot, 1-inch dice
½ cup onion, diced
1 cup corn relish
2 tablespoons vegetable oil
Salt & pepper, to taste

Method:

1. In a large pot of boiling salted water boil the potato, sweet potato and carrot until tender. Drain well and allow to cool slightly so the excess moisture is removed.
2. In a large non-stick frying pan over medium heat, add the oil, potato, sweet potato, carrot, and onion. Season with salt and pepper, as necessary. Continue to cook until the onions are caramelized, and the potatoes and carrots are crispy and brown on all sides.
3. Add the corn relish and continue to cook until the corn salsa is hot.
4. Portion on 4 individual plates and top with the beef tenderloin.



Corn Relish Fritters

Yield:

8 fritters

Ingredients:

½ cup corn relish
¾ cup flour, all-purpose
2 eggs, beaten
¼ cup green onions, thinly sliced
1 teaspoon chili powder
¼ teaspoon salt
¼ teaspoon black pepper
Vegetable oil, for pan frying (or use your deep fryer if you have one)

Method:

1. In a bowl combine the corn relish, flour, eggs, green onion and chili powder, salt and pepper.
2. In a large non-stick frying pan over medium heat, add the oil and heat it up to about 350 degrees F. With a small # 30 muffin scoop or some soup spoons, carefully place 4 fritters (about 1 tablespoon per fritter) in the pan at a time. Cook for approximately 4 minutes on each side or until golden brown.
3. Place on a baking tray lined with some paper towel and place in a low heat oven to stay warm while you fry the second batch. For a dip, I recommend mixing ½ cup of sour cream with the juice of 1 lime.

Mexican-Style Tilapia with Corn Relish Croquettes

Yield:

4 servings

Ingredients For the Fish:

1 tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon cayenne pepper
1 tablespoon olive oil
Juice of 1 lime
Salt & pepper, to taste
2 large pieces tilapia, cut in half (4 pieces)
4 lime wedges, as garnish
¼ cup sour cream, as garnish
¼ cup cilantro leaves, roughly chopped, as garnish

Method:

1. Preheat oven to 400 degrees F.
2. In a large bowl mix the chili powder, cumin, cayenne, olive oil, lime juice and salt & pepper.
3. Add the Tilapia and gently coat the fish. Refrigerate for 30 minutes for the marinade to penetrate the fish.
4. On a parchment-lined baking tray place the fish and drizzle any remaining marinade equally over the fish.
5. Bake the fish approximately 10-12 minutes or until the fish just starts to flake.
6. Carefully place the fish on the croquettes and garnish with the lime wedges, sour cream and cilantro.

Ingredients For the Corn Relish Croquettes:

2 cups russet potatoes, peeled and coarsely chopped
½ cup corn relish
Juice of 1 lime
¼ cup cilantro leaves, coarsely chopped
1 teaspoon ground cumin
1 teaspoon chili powder
½ teaspoon cayenne pepper
Salt & pepper, to taste

For the Breading:

¼ cup all-purpose flour
2 eggs, beaten
¾ cup breadcrumbs
Vegetable oil, for panfrying

Method:

1. In a pot of boiling salted water cook the potatoes until they are fork tender. Drain very well and allow to cool slightly in the strainer to remove as much moisture as possible. Mash the potatoes up while still warm and add in the corn relish, lime juice, cilantro, cumin, chili powder and cayenne. Add salt & pepper, as necessary.
2. Divide the potato mixture into 4 equal balls and give em' a little squish to turn them into hockey puck shapes.
3. Put them in the fridge to firm up and move onto the breading station.
4. Take 3 shallow containers and fill them up in this order: flour, egg wash and bread crumb.
5. Dip each croquette in the flour, the egg wash and the breadcrumb. Make sure the bread crumb coats the croquette. If not, place it back into the egg wash again and back into the breadcrumb.
6. In a large non-stick frying pan over medium heat, add the oil and cook the croquettes until lightly golden brown approximately 4-5 minutes per side.
7. Portion on 4 individual plates and top with the Mexican tilapia.



GREEN BEANS

Native to Central and South America, there are more than one hundred varieties of beans, varying in shape, size, colour, and flavour. Green beans are the third most popular vegetable grown in backyard gardens, following tomatoes and peppers.

Get creative with pickled green beans in your recipes. The vinegar, sugar, and salt typically found in a jar of pickled green beans lend itself well to many food items. And you could also garnish a Caesar or Bloody Mary with a pickled green bean, to stay dunking while making these recipes is perfectly acceptable.

Pickled Bean & Black Bean Chili

Yield:

4 servings

Ingredients:

2 tablespoons olive oil
½ cup celery, diced
½ cup carrot, diced
½ cup onion, diced
½ cup green bell pepper, diced
2 cloves garlic, minced
1 tablespoon ground cumin
1 tablespoon chili powder
2 cups tomato sauce
2 tablespoons tomato paste
1 cup water
1 can black beans, drained and rinsed (19 oz or 540 ml cans)
¼ cup pickled green beans, with brine, sliced
Salt & pepper, to taste
Optional Garnishes
Sour cream, bacon bits, green onion, shredded cheeses, lime wedges, cilantro, etc.

Method:

- 1 In a large sauce pot over medium heat, add the oil, celery, carrot, onion, bell pepper, garlic, cumin and chili powder. Cook until the vegetables soften, approximately 10 minutes.
2. Add the remaining ingredients (except for the pickled green beans) and simmer for 30 minutes stirring occasionally. You may have to add additional water if the chili starts to dry out, so keep an eye on it.
3. Stir in the pickled green beans and season with salt and pepper, if needed. Transfer to bowls and have all garnishes standing nearby.

Niçoise Salad with Pickled Green Bean Vinaigrette

Yield:

4 servings

Ingredients For the Vinaigrette:

¼ cup pickled green bean brine

¼ cup olive oil

1 teaspoon Dijon mustard

1 tablespoon fresh thyme, finely chopped

Salt & pepper, to taste

Method:

1. Mix all ingredients together in a large bowl. Season with salt and pepper, as necessary.

Ingredients For the Salad:

1-pound new or fingerling potatoes, boiled until tender and cooled

1 head Boston lettuce, torn into bite size pieces

2 cans tuna, drained

4 hard boiled eggs, peeled and cut into quarters

12 cherry tomatoes, cut in half

1 small red onion, thinly sliced

¼ cup black olives, pitted

1 tablespoon capers, drained

12 whole pickled green beans, as garnish

Method:

1. In the vinaigrette bowl add the potatoes and lettuce. Toss until combined and divide amongst 4 plates or bowls.
2. Top each one with the remaining items. Garnish with the whole pickled green beans.

Grouper & Pickled Green Bean en Papillote

Yield:

4 servings

Ingredients:

4 x 6-ounce grouper fillets
Salt & pepper, to taste
1-pound cooked new potatoes, cooled and sliced into ½ inch pieces
12 whole pickled green beans
1 cup carrot, peeled, thinly sliced
1 cup celery, thinly sliced
½ cup red onion, thinly sliced
4 tablespoons salted butter
8 sprigs fresh thyme
1 lemon, thinly sliced

Method:

1. Preheat oven to 400 degrees F.
2. Cut 4 sheets of parchment paper 18 inch in length. Fold each one in half and cut out a half-heart shape so when opened it looks like a heart.
3. Season grouper with salt & pepper on both sides.
4. Place sliced potatoes and pickled green beans in the left half of each piece of parchment paper. Place fish on top of potatoes. Finish building up the fish with the carrot, celery, red onion, butter, thyme and lemon.
5. Place the right half of the parchment over the fish and seal the edge by making small folds every 1 inch all the way around until it is completely sealed. Tuck the final fold under and let the weight of the fish hold it down.
6. Bake for 15-18 minutes or until you see the parchment paper has puffed up.
7. Transfer to plates and serve. Let your guests pierce the parchment with their knife (warning them of the steam). The aroma that releases makes this dish incredible.



Scallops with Pickled Green Bean & Maple Syrup Gastrique

Yield:

4 servings (3 pieces each)

Ingredients:

12 large sea scallops
Salt & pepper, to taste
2 tablespoons olive oil
2 tablespoons salted butter
4 tablespoons white wine
 $\frac{1}{4}$ cup maple syrup
 $\frac{1}{2}$ cup pickled green beans with brine, sliced thinly on a bias
8 pickled green beans, as garnish

Method:

1. Season the sea scallops on both sides with salt and pepper.
2. In a large frying pan over medium high heat, place the olive oil and sear the scallops on both sides until they are golden brown and form a crust. Remove from the pan and reserve.
3. To the hot frying pan carefully add the butter, white wine, maple syrup and the pickled beans with brine. Bring to a boil and reduce until the sauce has slightly thickened. Taste and adjust the seasoning, as necessary.
4. Place 3 scallops in a row on each plate, pour the gastrique over the scallops and garnish each plate with 2 whole pickled green beans.

Sizzling Beef, Pickled Green Bean & Mushroom Stir Fry with Soy Ginger Glaze

Yield:

4 servings

Ingredients For the Stir Fry:

1-pound tender beef, such as steak or tenderloin, thinly sliced
1 tablespoon cornstarch
Salt & pepper, to taste
2 tablespoons vegetable oil plus more if needed
1 cup cremini mushrooms, sliced
1 cup carrot, cut into thin strips
1 cup celery, thinly sliced
1 cup onion, thinly sliced
½ cup pickled green beans, drained and sliced
¼ cup green onion, thinly sliced, as garnish
2 tablespoons black & white sesame seeds, as garnish
¼ bunch cilantro leaves, coarsely chopped, as garnish
4 lime wedges, as garnish

Method:

1. In a bowl mix together the beef, cornstarch, salt and pepper. Shake off excess cornstarch.
2. In a large wok or frying pan over high heat, add the vegetable oil and sauté the beef until brown and crispy.
3. Remove from the wok/pan and set aside.
4. Add more oil if necessary and sauté the mushrooms until golden brown. Add the carrot, celery and onion. Sauté until the vegetables are cooked but still crisp.
5. Add the pickled green beans and cook for 1 minute.
6. Add the hot glaze and beef to the wok/pan. Taste and adjust the salt and pepper, if necessary.
7. Serve over your favourite rice or noodles and garnish with the green onion, sesame seeds, cilantro and lime wedges.

Ingredients For the Glaze:

1 tablespoon vegetable oil
2 tablespoons garlic, minced
2 tablespoons fresh ginger, minced
½ cup soy sauce or tamari
½ cup maple syrup
2 cups cold water
Juice of 1 lime
¼ cup cornstarch
Salt & pepper, to taste

Method:

1. In a small saucepan over medium high heat, add the oil and sauté the garlic and ginger until translucent and fragrant, approximately 2-3 minutes.
2. Whisk together the soy/tamari sauce, maple syrup, cold water, lime juice and cornstarch.
3. Add the cornstarch mixture to the saucepan and bring to a boil. Reduce heat to low and simmer the sauce for 5 minutes or until thickened.

Note: This recipe for the glaze makes about twice as much as you need. That is ok! I always keep the leftover sauce in the fridge and add it to any protein or vegetable for lunch the next day.



Faux Pho with Pickled Beans

Faux Pho with Pickled Beans

Yield:

4 servings

Ingredients For the Broth:

2 tablespoons vegetable oil
1 large white onion, peeled & cut in half
2-inch piece of ginger, thickly sliced
2 cloves garlic, peeled
2 tablespoons Chinese 5-spice powder
¼ cup pickled green bean brine
8 cups beef stock, either home made or from the store
Salt & pepper, to taste

Method:

1. In a medium stock pot over medium high heat, add your oil and sauté the onion, ginger and garlic until translucent and fragrant, approximately 2-3 minutes.
2. Add the Chinese 5-spice and sauté for 1 more minute.
3. Add the beef stock and pickled bean brine and bring to a boil. Reduce to a simmer and simmer for 45 minutes.
4. Taste and adjust the seasoning, as necessary. Strain or simply ladle out the broth without getting the big pieces of onion, ginger and garlic.

Ingredients For the Faux Pho Garnishes:

8 oz tender and lean beef, such as steak or tenderloin, sliced as THIN as you can. The broth will cook it, but it must be THIN.
7-ounce package of thin rice noodles, cooked and drained
½ cup pickled green beans, drained and sliced
½ bunch cilantro leaves
8 mint leaves
8 Thai basil leaves (you can substitute regular basil leaves or omit completely)
4 Thai chili peppers (or jalapeño peppers if you cannot find Thai peppers)
1-2 cups bean sprouts
1 green onion, thinly sliced
A bottle of Sriracha hot sauce
4 lime wedges

Method:

1. Place the noodles in the 4-separate bowls. Place the raw beef and pickled green beans on top of the noodles. Ladle the hot pho broth into each bowl.
Arrange all the remaining garnishes on a plate and let your guests build their own Faux Pho.

PRESERVE

by Chef Murray Zehr



PEACHES

Peaches come from a can. They were put there by a man. In a factory downtown. (I hope I'm not the only person that gets that.)

Native to China, peach trees can grow to a height of twenty-six feet. Also known as Persian Apples (trivia night), these preserved fruits (typically in a sugar-water mixture known as simple syrup) pack an amazing punch.

In the restaurant, we preserve as many peaches as we can while in season. They're delicious during the winter, especially with the following recipes.



Asian Peach & Rice Noodle Salad

Yield:

4 servings

Ingredients:

2 tablespoons peach juice
2 tablespoons olive oil
2 tablespoons soy sauce or tamari
2 tablespoons maple syrup
1 tablespoon sesame oil
Juice of 1 lime
1 package rice noodles, cooked and cooled
1 cup peaches, drained & coarsely chopped
 $\frac{1}{2}$ cup red bell pepper, thinly sliced
 $\frac{1}{2}$ cup green bell pepper, thinly sliced
 $\frac{1}{2}$ cup red onion, thinly sliced
 $\frac{1}{2}$ cup carrot, cut into thin strips
 $\frac{1}{2}$ bunch cilantro, coarsely chopped
Salt & pepper, to taste
4 lime wedges, as garnish
Black & white sesame seeds, as garnish

Method:

1. In a large bowl combine the peach juice, olive oil, soy sauce/tamari, maple syrup, sesame oil and lime juice.
2. Add remaining ingredients and thoroughly toss so everything is incorporated. Adjust seasoning, as necessary.
3. Divide equally in 4 bowls and garnish with the lime wedges and sesame seeds.

Chicken Satay with Peach Salsa

Yield:

16 skewers

Ingredients For the Chicken Satays :

4 boneless skinless chicken breasts
1/2 cup peach juice
1/4 cup coconut milk
1 tablespoon Madras-style curry powder
2 teaspoons turmeric
2 cloves garlic, minced
1 tablespoon fresh ginger, minced
1 tablespoon maple syrup
1 tablespoon vegetable oil
Salt & pepper, to taste
16 wooden or metal skewers

Method:

1. Slice each chicken breast into 4 long strips. In a bowl combine the chicken, peach juice, coconut milk, curry powder, turmeric, garlic, ginger and maple syrup. Allow mixture to marinate at least an hour in the fridge (overnight is better).
2. If using wooden skewers, give them a soak for about 15 minutes so they do not burn or flare up.
3. Put the marinated chicken onto skewers, 1 slice of chicken per skewer.
4. Preheat the grill to medium heat. Lightly oil the grill and place the skewers on the grill. Season with salt and pepper and grill until cooked throughout.

Ingredients For the Peach Salsa:

1 cup peaches, drained and coarsely chopped
1/4 cup green bell pepper, diced
1/4 cup red onion, diced
1 jalapeño pepper, ribs and seeds removed, diced
1/4 cup cilantro, coarsely chopped
Juice of 1 lime
1 tablespoon olive oil
Salt & pepper, to taste

Method:

1. In a bowl combine all ingredients together. Adjust seasoning, as necessary. Allow Peach salsa to sit at least 20 minutes for the flavours to come together.

Jerk Chicken with Peach Coconut Rice

Yield:

4 servings

Ingredients For the Jerk Chicken:

¼ cup onion, coarsely chopped
1 Scotch bonnet chili, stem, seeds and ribs removed (wear gloves!)
2 cloves garlic, chopped
2 teaspoons Chinese 5 Spice powder
2 teaspoons ground allspice
2 teaspoons black pepper
1 teaspoon dried thyme
½ teaspoon salt
¼ cup soy sauce or tamari
¼ cup peach juice
1 tablespoon vegetable oil
8 bone-in, skin-on chicken thighs

Method:

1. In a food processor, combine all ingredients except for soy sauce, peach juice and oil.
2. While the machine is running, add the soy/tamari sauce, peach juice and oil in a steady stream until everything is thoroughly pulsed.
3. In a shallow pan add the marinade and the chicken. With a fork or skewer, poke a few holes all throughout the chicken to help the marinade to penetrate the meat. Massage the marinade into the chicken for a minute or two.
4. Refrigerate at least 2 hours (overnight is better)
5. 2 choices here. Cook over a medium grill, turning occasionally until fully cooked, roughly 40 minutes. Alternatively, you can preheat an oven to 400 degrees F. Place chicken skin side up on a parchment-lined baking tray and bake in the oven until fully cooked, roughly 40 minutes. Either way, just make sure the chicken reaches an internal temperature 165 degrees F in the thickest part of the thigh.

Ingredients For the Peach Coconut Rice:

2 cups parboiled rice
400 ml can of coconut milk
1 cup peach juice
2½ cups water
1 cup peaches, coarsely chopped, drained
Salt & pepper, to taste
¼ cup cilantro, chopped, as garnish
¼ cup green onion, thinly sliced, as garnish
2 tablespoons shredded coconut, as garnish

Method:

1. Rinse the rice until the water runs clear.
2. In a medium size pot with a tight-fitting lid, combine all ingredients and bring to a boil.
3. Reduce heat to simmer, place the lid on it and continue to cook until all liquid is absorbed.
4. Remove from heat and let the rice rest for 1-2 minutes. Adjust the seasoning, as necessary.
5. Divide equally amongst 4 plates, top with the chicken and garnish with cilantro, green onion and shredded coconut.



Grilled Pork Tenderloin & Peach Habanero Salsa

Yield:

4 servings

Ingredients For the Grilled Pork Tenderloin:

2 pork tenderloins, cleaned and cut in half (4 pieces)

2 tablespoons olive oil

Salt & pepper, to taste

Method:

1. Lightly oil the pork tenderloins. Sprinkle with salt and pepper.
2. Cook over a medium grill, turning to get the "X" hatchings. Continue to cook until a thermometer reads an internal temperature of 145 degrees F.
3. Wrap in foil for 2-3 minutes to rest. Slice on a bias and top each one with the Peach Habanero Salsa.

Ingredients For the Peach Habanero Salsa:

1 cup peaches, coarsely chopped, drained

¾ cup red onion, diced

¾ cup fresh cilantro, chopped

Juice of 1 lime

1 habanero pepper, stem, seeds and ribs removed (wear gloves!), finely chopped

1 tablespoon maple syrup

Salt & pepper, to taste

Method:

1. Combine all ingredients together and allow flavours to meld together, at least 30 minutes. Adjust the seasoning, as necessary. Serve at room temperature.

Peach Icebox Mousse Cake

Yield:

4 servings

Ingredients:

2 cups 35% cream
¾ cup granulated sugar
1 tablespoon vanilla extract
1½ cups graham cracker, broken into small sized pieces
2 cups peaches, drained, coarsely chopped

Method:

1. In a mixing bowl, whip the cream, sugar and vanilla until stiff peaks form.
2. In 4 x 250 ml mason jars layer the graham cracker, peaches and whipping cream (in that order).
3. You will want to ensure you layer it at least twice (graham cracker, peaches, whipping cream AND repeat).
4. Cover (or screw on Mason jar lids) and let rest in the fridge at least 4 hours.

Peach Crème Brûlée

Yield:

4 servings

Ingredients:

3 egg yolks
¾ cup granulated sugar
1 cup 35% cream
1 teaspoon vanilla extract
1 cup peaches, drained
¼ cup granulated sugar, to brûlée

Method:

1. In a mixing bowl whisk together the egg yolks and sugar until thickened.
2. In a small saucepan over low heat, warm the cream.
3. While constantly whisking add the warm cream, a few drops at a time, to the yolk/sugar mixture. This is called tempering.
4. Whisk in the vanilla.
5. Preheat the oven to 300 degrees F.
6. Place 4 ramekins in some form of roasting pan (large enough they are not touching) and divide the peaches amongst each ramekin. Pour in the cream mixture into each.
7. Carefully add hot water to the roasting pan until water comes halfway to the sides of the ramekins. This is called a water bath.
8. Bake for 1 hour or until custard looks set but still a little "wiggly." Yes, that is a technical term. Carefully remove the custards from the roasting pan and allow to cool on the counter until they are room temperature. Cover and place in the fridge for at least 4 hours, although overnight is preferred.
9. To serve, grab your blowtorch (or turn on the broiler in your oven). Sprinkle the sugar on each custard and blowtorch or place the custards on a baking tray (do NOT line with parchment this time around or the paper could go up in flames!). Blowtorch or broiler until sugar has hardened and slightly (slightly) burnt.

PRESERVE

by Chef Murray Zehr



PEARL ONIONS

Although delicious in a martini, you can do so much more with these slightly sweet, briny little guys.

As a chef, I use onions in almost every single dish I make. I love cooking with pearl onions as their sweet taste and crunch perks up a dish.

Trivia: The big Apple used to be called The Big Onion.

Squid with Pearl Onions & Green Peppercorns & in a Green Curry Sauce

Yield:

4 servings

Ingredients:

1 tablespoon olive oil
2 cloves garlic, minced
1 tablespoon fresh ginger, minced
2 heaping tablespoons green Thai Curry paste
1 can (398 ml) coconut milk
½ cup pearl onions, drained
2 tablespoons canned green peppercorns, drained
Salt & pepper, to taste
1-pound squid, thawed and sliced into rings
¼ cup cilantro, coarsely chopped, as garnish
4 lime wedges, as garnish
¼ cup green onion, thinly sliced, as garnish

Method:

1. In a medium saucepan over medium heat, add the oil and sauté the garlic and ginger until fragrant, approximately 2-3 minutes. Add the Green Thai Curry paste and continue to cook 1 more minute.
2. Add the coconut milk, pearl onions, and green peppercorns. Bring to a boil. Reduce to a simmer and cook for 15 minutes on low. Taste and adjust the seasoning, as necessary.
3. Add in the calamari and stir. Once the calamari are hot enough and barely cooked (they become tough if you cook them too long, transfer everything to 4 bowls and garnish with the cilantro, lime wedges and green onion.

Mini Pizzette with Cassis-infused Pearl Onion, Rosemary & Blue Cheese

Yield:

4 servings

Ingredients For the Dough:

2 teaspoons dry-active yeast
1 teaspoon sugar
1 cup warm water
2½ cups flour, all-purpose, plus a little extra for kneading
1 teaspoon salt
1 tablespoon fresh rosemary, chopped
1 tablespoon olive oil

Method:

1. In a bowl with a wooden spoon (or a mixer with the dough hook attachment), combine the yeast, sugar and warm water. Give it a wee stir and then wait about 10 minutes until it becomes "foamy."
2. Gradually add the flour, salt and rosemary. Mix until the dough comes together, approximately 6-7 minutes. Remove the dough and knead with your hands (using the extra flour if you need it) for a minute or two.
3. Put the olive oil in a bowl and place the dough in it. Cover with plastic wrap and allow the dough to double in size, approximately 1 hour.

Ingredients For the Topping:

1 cup pearl onions, drained and cut in half
1-ounce Cassis (black current liqueur)
2 tablespoons salted butter
¼ cup red wine
¼ cup sugar
¼ cup fresh rosemary sprigs
1 cup blue cheese, crumbled
Salt & pepper, to taste

Method:

1. In a small saucepot over medium heat, combine the pearl onions, Cassis, butter, red wine, and sugar. Cook until the liquid appears to have evaporated by half.
2. On a floured surface divide the pizza dough into 4 equal pieces. Roll each one out into a mini circle and place on a parchment-lined baking tray.
3. With a spoon divide up the pearl onion onto the 4 pizzas. Drizzle any of the sauce equally over the 4 pizzas. Add the blue cheese and fresh rosemary to each one. Sprinkle a small amount of salt & pepper on each pizza.
4. In a 425-degree F oven, bake the pizzas until golden brown, approximately 8-10 minutes.



Mini Pizza with Cassis-infused
Pearl Onion, Rosemary & Blue Cheese

Chicken Yakitori with Pearl Onions

Yield:

12 skewers

Ingredients:

¼ cup soy sauce or tamari
¼ cup pearl onion brine
¼ cup water
1 tablespoon brown sugar
1-pound boneless & skinless chicken thighs
36 pearl onions, drained
2 tablespoons vegetable oil
Salt & pepper, to taste
12 wooden or metal skewers

Method:

1. In a small saucepan over medium heat, add the soy/tamari sauce, pearl onion brine, water and brown sugar. Bring to a boil and simmer until the liquid has reduced by half.
2. Allow the sauce to cook and reserve a little over 1/3 as a final glaze on the Yakitori. Cool the sauce.
3. Cut the chicken thighs into 1-inch pieces. Marinate the chicken thighs in the cooled sauce in the fridge for at least an hour, but overnight is even better.
4. If using wooden skewers, give them a soak for about 15 minutes so they do not burn or flare up.
5. Starting with the chicken, skewer the chicken and pearl onions alternately. You should end up with about 4 pieces of chicken and 3 pearl onions per skewer.
6. Turn your grill onto medium heat. Lightly oil the grill so the yakitori will not stick.
7. Grill the yakitori, brushing with the remaining sauce, until the chicken is fully cooked, and the juices run clear. Season with salt & pepper, as necessary. Serve immediately.

Oysters with Pearl Onion Mignonette

Yield:

24 oysters

Ingredients:

¼ cup red wine vinegar

1 tablespoon pearl onions, finely chopped plus 1 tablespoon pearl onion brine

1 tablespoon olive oil

White pepper, to taste

24 pearl onions, as garnish

24 of your favourite raw oysters, shucked

Method:

1. Combine the vinegar, chopped pearl onions, pearl onion brine, olive oil and a pinch of white pepper in a bowl. Allow mixture to sit at least 30 minutes so the flavours combine.

2. Distribute the oysters amongst 4 plates. Divvy up the sauce into 4 small bowls and garnish each oyster with a pearl onion.

Veal Marsala with Pearl Onions on Fettuccine Alfredo

Yield:

4 servings

Ingredients For the Veal Marsala:

2 tablespoons olive oil (plus more if necessary)
2 cups sliced mushrooms, button, cremini, portobello, etc.
1-pound veal scallopine (a fancy name for thinly sliced veal)
½ cup flour, all-purpose
¾ cup Marsala wine (sweet, not dry!)
½ cup pearl onions, drained
1 cup 35% cream
Salt & pepper, to taste

Method:

1. In a large frying pan over medium high heat, add the oil and sauté the mushrooms until golden brown. Remove from pan and set aside.
2. Lightly dredge the veal in the flour. Shake off any excess flour.
In the same frying pan heat up some more oil over medium high heat and pan fry the veal until golden brown on both sides. Season with salt & pepper.
3. Deglaze with the Marsala wine (carefully) and add the pearl onions, cooked mushrooms and 35% cream to the pan. Reduce the cream by half, or until it is thick enough to coat the back of a spoon. Adjust the seasoning, as necessary.

Ingredients For the Fettuccine Alfredo:

1 box fettuccine pasta (454 grams)
2 tablespoons salted butter
2 cloves garlic, minced
¾ cup white wine
1 teaspoon ground nutmeg
2 cups 35% cream
¾ cup Parmesan cheese
Salt & pepper, to taste

Method:

1. In a large pot of boiling water cook the fettuccine until fully cooked. Drain.
2. In a large saucepan over medium high heat, add the butter, garlic, white wine and nutmeg.
3. Cook for about 1 minute or until the garlic becomes fragrant. Increase the heat to high and add the 35% cream. Reduce by about 50%, or until the sauce is thick enough to coat the back of a spoon.
4. Stir in the cooked fettuccine and half the Parmesan cheese. Adjust seasoning, as necessary.
5. Place the Fettuccine Alfredo on 4 separate plates. Divide and place the veal onto the 4 pasta dishes. Use a rubber spatula to make sure you get every drop of Marsala sauce onto each portion.
6. Sprinkle the remaining Parmesan cheese on top of each dish.



Rosemary-Roasted Pork Loin with Pearl Onion Pan Jus

Yield:

4 servings

Ingredients:

3-4-pound boneless pork loin roast
1 tablespoon vegetable oil
6 cloves garlic, coarsely chopped
2 tablespoons fresh rosemary, coarsely chopped
1½ cups white wine
1 cup chicken or vegetable stock
1 cup pearl onions, with brine
Salt & pepper, to taste

Method:

1. Preheat the oven to 400 degrees F.
2. Rub the roast with the oil, garlic and rosemary. Season with salt & pepper.
3. Put the roast on a rack inside a roasting pan.
4. Roast for 20 minutes, and then reduce heat to 325 degrees F.
5. Add the wine, stock and pearl onions to the roasting pan. Continue to roast until the pork is fully cooked, (the internal temperature should reach 160 degrees F) approximately 1-1.5 hours.
6. Remove the pan from the oven and wrap the roast in tinfoil on a cutting board for 5-10 minutes. (Letting the meat rest makes it easier to slice).
7. Put the roasting pan on the stovetop and bring to a boil while scrapping the bottom of the roasting pan to get all the tasty bits. If you need to add any more wine or stock now is the time. Adjust the seasoning, if necessary.
8. Slice the meat. Plate the meat. Sauce the meat. Eat the meat!



PRESERVE

by Chef Murray Zehr

PEARS

Native to Central Asia, the pear grew wild since prehistoric times. Today, it boasts hundreds of varieties.

Sometimes called "Butter Fruit" (for the soft, butter-like texture when fully ripe), these guys work exceptionally well in dishes.

Pears are hypoallergenic as allergies are rare.

Here are a few recipes that don't involve poaching a pear in red wine and serving it with an arugula salad, blue cheese, and walnuts – that's been beaten to death.



Triple P (Pear, Pork & Pepper Sliders)

Yield:

8 sliders

Ingredients:

1 pork tenderloin, cleaned
2 tablespoons olive oil
2 teaspoons salt
 $\frac{1}{4}$ cup cracked black pepper
1 cup onion, thinly sliced
 $\frac{1}{4}$ cup pears, drained, coarsely chopped
 $\frac{1}{4}$ cup balsamic vinegar
Couple handfuls of baby arugula
8 slider buns

Method:

1. Rub the pork with 1 tablespoon of the oil. Season with salt and be very liberal with the cracked black pepper. Try and get it on every crevasse. Use more black pepper if you need to.
2. Preheat oven to 400 degrees F. On a parchment-lined baking tray pop the pork in the oven until internal temperature is 145 degrees F, approximately 15-18 minutes. Wrap in foil and rest for 3-5 minutes before slicing the pork.
3. In a small saucepan on medium high heat, add oil and cook onion until brown and caramelized, approximately 10 minutes. Add the pears and vinegar. Reduce until the balsamic vinegar has practically reduced to nothing, becoming a glaze.
4. Toast the slider buns (broiler, toaster oven, brush with butter and put on a griddle, etc.)
5. Slice the peppered pork and place on the bun with the pear & onion reduction and top each slider with some baby arugula.

Pear, Turkey & Blue Cheese Pies

Yield:

4 servings

Ingredients:

2 sheets 10 x 10-inch puff pastry, thawed
1 tablespoon olive oil
¼ cup onion, diced
1 tablespoon fresh rosemary, chopped finely
1-pound ground turkey
¼ teaspoon salt
¼ teaspoon pepper
1 cup pears, drained
½ cup blue cheese, crumbled
1 egg, beaten

Method:

1. Cut out 4 x 5-inch puff pastry rounds and 4 x 4-inch rounds. Place on a parchment-lined baking tray and place covered in the refrigerator while making the filling.
2. In a large frying pan over medium high heat, add the olive oil and sauté the onions until translucent, approximately 3-4 minutes.
3. Add the fresh rosemary, ground turkey, salt and pepper. Continue to cook until the turkey is fully cooked and browned. Allow the mixture to cool.
4. Once cooled, stir in the pears and blue cheese.
5. Take the puff pastry out of the fridge and place the largest rounds (5 inch) into disposable 4-inch tart shells cups, making sure the pastry comes to the top of the cup. You might have to stretch the bottom dough a bit, but that is okay. Add the filling to each pastry and brush the top of the pastry with the beaten egg.
6. Place the smallest rounds (4 inch) on top and press firmly. With a small knife place a few incisions into the top of the pastry to let out steam. Place the pies in the fridge, covered, until ready to bake. (Cold pastry means the butter in the puff pastry will steam better, hence lighter and airier pies.)
7. Preheat an oven to 350 degrees F. Place the pies on a parchment-lined baking tray and bake for 20-25 minutes, or until puffed up and golden brown.

Madras-style Beef and Pear Curry

Yield:

4 servings

Ingredients:

2 tablespoons olive oil
2-pounds stewing beef, 1-inch dice
1 cup onion, diced
2 cloves garlic, minced
¼ cup Madras-style curry
2 cups potatoes, peeled and coarsely chopped
2 cups pears, drained, coarsely chopped
6 cups beef stock
Salt & pepper, to taste

Method:

1. In a large saucepan over medium heat, add the oil and brown the beef on all sides. Transfer beef to a plate.
2. Add more oil if needed to the saucepan. Cook the onion, garlic, and madras curry until fragrant, approximately 1-2 minutes.
3. Return the browned beef to the saucepan. Add the potatoes, pears and beef stock.
4. Reduce to a simmer, place on a tightfitting lid and simmer until the beef is tender, approximately 1 hour. Add water to the beef if you find the stock is reducing too much. The potato and pear will break down. That is ok! They become a thickener without using flour.
5. Adjust the seasoning with salt and pepper, as necessary. Serve this with your favourite rice dish or some cooked lentils.

Pear & Ginger Beef with Rice Noodles

Yield:

4 servings

Ingredients:

1-pound beef tenderloin, skirt steak or flank steak, thinly sliced
½ cup cornstarch
2 tablespoons vegetable oil, plus extra for frying
1 cup onion, diced
1 cup carrots, julienned
2 cloves garlic, minced
¼ cup ginger, julienned
½ cup pears, drained
1 teaspoon chili flakes
½ cup soy sauce or tamari
¼ cup pear juice
Juice of 1 lime
¼ cup brown sugar
1 tablespoon sesame oil
Salt & pepper, to taste
2 tablespoons black & white sesame seeds, as garnish
¼ cup green onions, thinly sliced, as garnish
4 lime wedges, as garnish
Cooked rice noodles, warm

Method:

1. In a bowl combine the beef and cornstarch and thoroughly mix. Set aside.
2. In a medium saucepan over medium high heat, add the oil and sauté the onion and carrot. Sauté until the onions are translucent, approximately 2-3 minutes.
3. Add the garlic, ginger, pears and chili flakes and continue to cook an additional 2 minutes.
4. Add the soy sauce/tamari sauce, pear juice, lime juice, brown sugar and sesame oil.
5. Reduce the heat to a simmer and allow the sauce to reduce slightly while it naturally thickens.
6. Remove beef from cornstarch and shake off as much excess as you can. In a large non-stick frying pan over medium high heat, add 3-4 tablespoon of oil. Sauté (in batches), the beef until golden brown and crispy. Place fried beef on a plate to keep warm. Add additional oil between batches if needed.
7. Once all the beef is fried, add it to the pear ginger sauce and mix it up thoroughly. Adjust seasoning, if necessary.
8. Place the cooked rice noodles equally in 4 bowls. Divide up the beef and pear ginger sauce into each bowl and garnish with sesame seeds, green onion and lime wedges.

Soft Pear Cookies

Yield:

3 dozen cookies

Ingredients:

1 cup salted butter, room temperature
1 cup brown sugar
½ cup granulated sugar
2 eggs
1 teaspoon vanilla extract
2 ½ cups flour, all-purpose
1 teaspoon baking soda
1 teaspoon ground allspice
2 cups pears, drained, coarsely chopped

Method:

1. Preheat the oven to 375 degrees F.
2. Drain the pears and leave in a colander or strainer. You want as much moisture removed as possible.
3. In a bowl, cream together the butter and both sugars until thoroughly mixed.
4. Beat in the eggs and vanilla. The mixture should look "creamy".
5. In a separate bowl mix together the flour, baking soda and allspice.
6. Mix in the dry mixture to the wet mixture gradually.
7. Fold in the pears and mix until again the mixture looks "creamy"
8. On parchment-lined baking tray (you will need 3 trays!), scoop out the cookies, no more than 12 to a tray, using a small 1.5-ounce (number 30) muffin scoop.
9. Bake for 8 minutes or until golden. Remove from oven and repeat with the next two trays until all 3 trays are baked. Let the cookies cool before trying to remove them.



Pear and Walnut Bread Pudding with Pear Brandy Custard

Yield:

4 servings

Ingredients For the Crumble:

1 tablespoon brown sugar
¼ cup granulated sugar
¼ cup flour, all-purpose
1 teaspoon ground cinnamon
½ cup walnuts, chopped
¼ cup salted butter, room temperature

Method:

1. In a bowl combine all ingredients until they resemble coarse crumbs. Set aside.

Ingredients For the Custard:

3 eggs
¼ cup granulated sugar
1 cup 35% cream
1 teaspoon vanilla
1-ounce pear brandy

Method:

1. Whisk together all ingredients. Set aside.

Ingredients For the Bread and Pear Filling:

1 loaf white bread, crusts removed, cut into 1-inch pieces
2 cups pears, drained
1 tablespoon salted butter, for greasing

Method:

1. Preheat the oven to 350 degrees F.
2. Lightly butter a 9 x 13-inch baking dish. Place a layer of bread and a layer of pears.
3. Pour ¼ of the custard mix into it and sprinkle with some of the crumble.
4. Continue layers until you are out of ingredients with the last layer being the crumble topping.
5. Press down on the layers to ensure they get a good soaking from the custard.
6. Cover the pan with parchment paper and seal with aluminium foil.
7. Bake for 30 minutes or until a knife inserted into the center comes out clean.

PEPPERS, HOT BANANA

Typically, the hot banana peppers you buy, preserve or get as gifts are straight up banana peppers. Sometimes it is a combination of hot banana, jalapeño, serrano or even some spicier ones!

I hate to say this but if you are unsure the heat level and need to adjust the number of peppers in the recipe to raise/lower the heat level..... You are going to have to bite into one!

Adjust the recipes as necessary if the heat level is too low or high after trying the pickled peppers. If you are still unsure and worried the dish might be too spicy and hot, I would recommend getting your Mother-in-Law to try them. You do not even need to tell her it is spicy if you do not want to.

Ok. Trivia nighttime. A peck of pickled peppers is a unit of measurement for dry volume. 8 dry quarts is equivalent to a peck, so chances are, Peter picked 8 quarts of peppers.



Pesto Baked Brie with Pickled Hot Pepper Salsa

Yield:

4 servings

Ingredients:

1 small wheel of Brie cheese
¾ cup pesto, either homemade or store bought
2 tablespoons olive oil
½ cup hot peppers, drained, coarsely chopped
¼ cup red bell pepper, diced
¼ cup green bell pepper, diced
¼ cup red onion, diced
2 tablespoons apple cider vinegar
2 tablespoons maple syrup
Salt & pepper, to taste

Method:

1. On a parchment-lined baking tray place the Brie wheel and spread the pesto on the top and sides.
2. In a small saucepot over medium high heat, add the oil, hot peppers, bell peppers and onion. Sauté for 2-3 minutes or until the vegetables start to soften.
3. Add the vinegar and maple syrup. Cook until the liquid is pretty much evaporated. Season with salt and pepper.
4. In a 350-degree preheated oven, bake the Brie wheel until soft and bubbly.
5. Transfer the Brie to a plate, top it with the Hot Pepper Salsa and serve with crisp vegetables, your favourite crackers or even crostini.

Shrimp in Pickled Hot Pepper Tomato Sauce

Yield:

4 servings

Ingredients:

¾ cup olive oil
6 cloves garlic, minced
½ cup hot peppers, drained, coarsely chopped
2 cups tomato sauce
1-pound 21-25 shrimp, peeled & deveined
Salt & pepper, to taste
¾ cup Italian parsley, chopped, as garnish

Method:

1. In a large frying pan over medium heat, add the oil and sauté the garlic and hot peppers until fragrant, approximately 2-3 minutes.
2. Add the tomato sauce and simmer for 3-4 minutes. The sauce will be very oily (that is ok!)
3. Add the shrimp and cook until pink and thoroughly cooked. Season with salt and pepper, as necessary.
4. Divide the shrimp amongst 4 bowls. Garnish with parsley and serve a LOT of crostini to dip in the spicy sauce!

Crostini with Pickled Hot Peppers, Roasted Garlic, Roasted Red Peppers and Goat Cheese

Yield:

4 servings

Ingredients:

1 French baguette
2 bulbs garlic, roasted (check the Internet if unsure how to roast garlic)
½ cup hot peppers, drained
½ cup roasted red peppers, homemade or store bought
½ cup Goat Cheese
Black pepper, to taste

Method:

1. Preheat oven to broil.
2. Slice the baguette on a bias about 1 inch thick and place on a parchment-lined baking tray. With a butter knife scoop out the garlic cloves from the bulbs. Spread the roasted garlic over the crostini slices (like you would spread butter).
3. Equally place the hot peppers, roasted red peppers and goat's cheese on each baguette. Sprinkle a little black pepper on each one.
4. Pop the tray in the middle of the oven on broil. Once the edges start to get crispy and the cheese starts to melt slightly the crostini are done.



Braised Beef in Coconut Milk with Pickled Hot Peppers

Yield:

4 servings

Ingredients:

2 tablespoons olive oil
2 cups pickled hot peppers,
1 cup onion, coarsely chopped
4 cloves garlic, coarsely chopped
2 tablespoons fresh ginger, minced
1 tablespoon ground coriander
4 tablespoons brown sugar
Juice of 1 lime
1½-pounds stewing beef, cut into 1-inch cubes, lightly tossed in 2 tablespoon olive oil
3 cups beef stock
1 can coconut milk (400 ml)
Salt & pepper, to taste

Method:

1. In a food processor combine the oil, hot peppers, onion, garlic, ginger, coriander, brown sugar and lime juice.
2. Pulse until it becomes a paste.
3. In a large stock pot over medium high heat, add the beef and brown on all sides. Remove the beef onto a plate.
4. Turn the heat to high and cook the hot pepper paste in the pot for 4-5 minutes.
5. Add the browned beef, beef stock and coconut milk. Bring to a boil, then simmer until the meat is tender, approximately 45 minutes. Season with salt and pepper. Serve with steamed rice or rice noodles.

Chicken Diablo with Pickled Hot Peppers

Yield:

4 servings

Ingredients:

4 boneless chicken breasts, skin-on
1 cup cream cheese, room temperature
¾ cup pickled hot peppers, coarsely chopped
2 tablespoons olive oil
Salt & pepper, to taste

Method:

1. In a bowl combine the cream cheese and pickled hot peppers until thoroughly mixed. Season with salt and pepper.
2. Carefully lift the chicken skin from the thickest part of the breast to make a pocket. Use your finger to get inside but do not rip the skin or the filling will fall out when roasting.
3. Use your finger and push the filling equally into the 4 chicken breasts.
4. Place the chicken on a parchment-lined baking tray. Brush with olive oil and season with salt and pepper, as necessary.
5. Place in a 350-degree F oven and cook until golden brown with crispy skin, approximately 25 to 30 minutes, or until an internal temperature of 165 degrees F. Serve this with any tomato-based pasta you wish.

Linguini with Pickled Hot Pepper Olive Oil & Anchovies

Yield:

4 servings

Ingredients:

1 box linguini (454 g)
½ cup olive oil
4 anchovy fillets
6 cloves garlic, minced
1 cup pickled hot peppers, drained
Salt & pepper, to taste
½ cup Parmesan cheese, as garnish

Method:

1. In a large pot of boiling salted water cook the linguini. Drain, keeping about ¼ cup of the pasta water.
2. In a large frying pan over medium heat, add the oil and sauté the anchovies and garlic, breaking up the anchovy with a wooden spoon.
3. Add the hot peppers and season with salt and pepper, as necessary. Stir in the pasta water and cooked linguini.
4. Divide amongst 4 bowls and garnish with the Parmesan cheese.

PRESERVE

by Chef Murray



PEPPERS, RED PEPPER JELLY

Ok, I get it. You like to open a jar of red pepper jelly and serve it on crostini. It's delish. And when guests stop by, you add some Brie.

Typically, you can get sweet or hot red pepper jelly. I like both, and either works in these recipes. I still use Brie in some of the recipes, but these recipes are taking this jelly to a whole new level.



Red Pepper Jelly & Cream Cheese Rangoons

Yield:

16 Rangoons

Ingredients:

8-ounce cream cheese, room temperature

¼ cup red pepper jelly

16 wonton wrappers

¼ cup water

Oil for frying

Method:

1. Combine the cream cheese and red pepper jelly until thoroughly mixed.
2. Place a wonton wrapper on a flat surface. Place 1 tablespoon of the red pepper jelly mixture in the center of the wrapper.
3. Brush the 4 edges of the wonton with water and bring 2 opposite corners together in the middle of the wonton and pinch. Repeat with the other 2 corners and pinch to form a package shape. Make sure the wonton is fully sealed or the filling will come out. As well, make sure you push out all the air or they could open when frying.
4. Repeat with the remaining wonton wrappers until all 16 are prepared.
In your home deep-fryer, fry 8 wontons at a time, turning them if necessary, until browned on all sides, approximately 2-3 minutes. Alternatively, you can brush the Rangoons with oil and bake at 375 degrees F for 15-18 minutes.
5. Drain the fried wontons on paper towel and repeat until all wontons are fried. Serve with extra red pepper jelly warmed up for dipping.

Red Pepper Jelly & Brie Quesadillas

Yield:

4 servings

Ingredients:

4 x 10-inch flour tortillas
1 cup red pepper jelly
1 small wheel of Brie cheese
¾ cup fresh cilantro, chopped
¾ cup green onions, thinly sliced
2 tablespoons black & white sesame seeds

Method:

1. Place the 4 flour tortillas out and spread the red pepper jelly equally on each, covering the entire tortilla.
2. Slice the Brie into strips and portion equally on only half of each tortilla. (You will be folding them over.)
3. Evenly sprinkle the cilantro, green onions and sesame seeds on top of the Brie and fold each tortilla over.
4. Preheat an oven to 400 degrees F. On a parchment-lined baking tray place the quesadillas and bake for about 10 minutes or until golden and crispy. Flip the quesadillas over and bake an additional 3-4 minutes. Serve with extra red pepper jelly on the side.

Red Pepper Jelly Scones with Cheddar Cheese & Bacon

Yield:

8 scones

Ingredients:

2 cups flour, all-purpose
½ teaspoon salt
2 teaspoons granulated sugar
1 tablespoon baking powder
4 tablespoons butter, cold and grated through a cheese grater (trust me, it works!)
1 cup old cheddar cheese, shredded
4 strips of bacon, cooked, drained and diced
¾ cup red pepper jelly, melted
½ cup 35% cream, plus more if needed

Method:

1. Preheat the oven to 400 degrees F.
2. Whisk together the flour, salt, sugar and baking powder.
3. Use a spoon or spatula to mix in the butter, cheese and bacon until just mixed. (You do not want to melt the butter too much with the heat of your hands).
4. Add in the red pepper jelly and cream. Squeeze the dough together to check the consistency of the dough. If it is still crumbly and will not stay together add a splash more cream until it just holds. You do not want to over-mix the dough, or the product will be tough.
5. Put the dough on a well-floured surface and press the dough down until it is a little disk measuring about 6-7 inches long and ¾ of an inch thick. Cover and rest the dough in the fridge for at least 15 minutes.
6. Transfer the disk to a parchment-lined baking tray. Cut the disk into 8 wedges and spread the wedges apart so they have at least an inch in between each other.
7. If you want to have a bit more of a brown crust, brush the scones with a splash of more cream on top.
8. Bake in the middle of the oven until golden brown, approximately 15 minutes. Allow the scones to cool on the tray before transferring to plates.
9. Serve with lots of extra red pepper jelly and butter.

Red Pepper Jelly “Cheesy” Crunch Wrap

Yield:

4 servings

Ingredients:

8-ounces cream cheese, room temperature

¼ cup red pepper jelly

4 (12-inch) flour tortillas

4 tostada shells (flat crunchy taco shells)

2 cups cheddar cheese, shredded

Method:

1. Combine the cream cheese and red pepper jelly until thoroughly mixed.
2. Lay the flour tortillas on a level surface and divide the cream cheese mixture equally in the center of the flour tortillas. Place the tostadas on top of the cream cheese mixture. Place the cheddar cheese on top of the tostadas.
3. Fold the edges of the flour tortilla up and over the center of the tostada. Continue to work your way around the tortilla, folding as tight as possible. Place the folded tortilla with the seam side down (it keeps the tortilla from opening).
4. Heat a griddle to medium heat. If you do not have a griddle grab 2 of the largest frying pans you have.
5. Lightly oil (cooking spray) and place the tortillas seam-side down, cooking until golden brown, approximately 2 minutes. Flip and cook the wrap on the other side until golden brown. Place the finished Crunch Wraps on a parchment-lined baking tray and place in a 350-degree F oven to stay warm until all 4 are browned. Cut in quarters and serve immediately with some extra red pepper jelly for dipping.



Monte Cristo with Red Pepper Jelly Mayonnaise

Yield:

4 servings

Ingredients:

¼ cup mayonnaise
¼ cup red pepper jelly
8 slices of bread
8 slices cooked ham
4 slices Swiss cheese
8 slices cooked turkey
4 eggs
1 cup milk

Method:

1. Combine the mayonnaise and red pepper jelly together until smooth.
2. Spread the red pepper jelly mayo on all 8 slices of bread.
3. Add the ham, Swiss cheese and turkey to 4 slices of bread. Top with the remaining slices of bread.
4. Beat egg and milk together in a medium sized bowl.
5. Dip the sandwiches in the egg and milk mixture.
6. Heat a large, greased skillet over medium heat and brown the sandwiches on both sides. Serve immediately.

Red Pepper Jelly Shrimp Fried Rice

Yield:

4 servings

Ingredients:

2 tablespoons sesame oil
2 tablespoons vegetable oil
1-pound 21/25 shrimp, peeled and deveined
3 cloves garlic, minced
1 tablespoon fresh ginger, minced
2 eggs, beaten
½ cup red pepper jelly
1 cup frozen peas, thawed
1 cup frozen corn kernels, thawed
4 cups cooked & cooled rice (leftover rice works great)
¼ cup green onion, sliced
3 tablespoons soy sauce or tamari
Salt & pepper, to taste

Method:

1. In a large wok or frying pan over medium-high heat, add in the oils and sauté the shrimp until just pink, approximately 2 minutes.
2. Remove the shrimp with a slotted spoon and set aside.
3. Add the garlic and ginger to the wok and cook until fragrant, approximately 1 minute.
4. Stir in the beaten egg and scramble. Add the red pepper jelly, peas and corn. Continue to cook for 2-3 minutes or until the vegetables start to soften.
5. Add in the cooked shrimp, rice, green onions and soy/tamari sauce. Season with salt and pepper, as necessary.
6. Let the rice crisp up in the bottom of the wok. If the rice is not becoming crispy add another 1 tablespoon of vegetable oil to the pan and continue to cook (without stirring!) until you get a nice golden fried bottom.

PEPPERS, ROASTED RED

Roasted red peppers are one of my favourite staples in the pantry, and I preserve as much as I can while they're in season. There is just something about the texture and taste that make me want to use them so much.

By far, this was my favourite chapter to create! Any excuse to open a jar of these sweet treats, and I'm in.

Trivia Time:

The scientific name for bell peppers is *Capsicum annum*.

In Australia, peppers are called capsicums.

A red pepper is simply a green pepper left on the vine to continue to ripen.

I could go all day with this, but you have roasted red pepper recipes to make.



Stuffed Portobello Mushrooms with Roasted Peppers & Goat's Cheese

Yield:

4 servings

Ingredients:

4 medium-sized portobello mushrooms

½ cup roasted red peppers, roughly chopped

½ cup soft goat's cheese

1 tablespoon fresh basil, chopped

Salt & pepper, to taste

1 handful of baby arugula, as garnish

1 tablespoon balsamic glaze, as garnish (store bought or make your own by reducing ½ cup vinegar in a pot by 80% until syrupy and sweetening it with a touch of honey or maple syrup)

Method:

1. Preheat the oven to 350 degrees F. On a parchment-lined baking tray place the mushrooms with stem side up.
2. Carefully twist out the stems and bake the mushrooms for 10-12 minutes. Remove from the oven and let slightly cool. Drain the mushrooms off if any of the moisture is puddling inside of them.
3. Combine the roasted red peppers, goat's cheese and fresh basil. Adjust seasoning, as necessary.
4. Divide the pepper & cheese mixture into 4 and stuff inside the mushrooms.
5. Place the stuffed mushrooms back in the oven and continue to cook until the stuffed mushrooms are warm, approximately 8-10 minutes.
6. Place each mushroom on individual plates and top with the baby arugula. Drizzle each with a splash of balsamic glaze.

Pork Belly & Roasted Red Pepper Romesco Sauce

Yield:

4 servings

Ingredients For the Pork Belly:

1-pound pork belly, skin off (ask your butcher to do this)
2 teaspoons salt
2 teaspoons sugar
1 teaspoon black pepper

Method:

1. Preheat oven to 400 degrees F. Remove as much moisture as you can from the pork with some paper towel. Combine the salt, sugar and pepper and rub all over the pork.
2. On a parchment-lined baking tray place the pork in the oven and roast for 30 minutes.
3. After 30 minutes, reduce the heat to 275 degrees F and roast for 1 more hour. Cool the pork, wrap tightly with plastic wrap and allow to chill overnight in the fridge.
4. When ready to serve, preheat the oven to 400 degrees F and slice the pork belly into 8 strips. Place in the oven until crispy and hot. Serve immediately with the Romesco sauce.

Ingredients For the Roasted Red Pepper Romesco Sauce:

½ cup roasted red peppers, drained
2 tablespoons roasted almonds
1 clove garlic, coarsely chopped
1 tablespoon red wine vinegar
½ teaspoon smoked paprika
¼ teaspoon ground cayenne pepper
2 tablespoons olive oil
Salt & pepper, to taste

Method:

1. In a blender or food processor combine everything but the oil.
2. Blend the ingredients together while drizzling in the oil. Adjust the seasoning, as necessary.



Red Pepper Soup with Prosciutto Fried Croutons

Roasted Red Pepper Soup with Prosciutto Fried Croutons

Yield:

4 servings

IngredientsFor the Roasted Red Pepper Soup:

1 tablespoon olive oil
½ cup onion, diced
2 cloves garlic, chopped
4 cups chicken or vegetable stock
1 cup potatoes, peeled and diced
2 cups roasted red peppers, drained
1 cup 35% cream
Salt & pepper, to taste

Method:

1. In a medium saucepan over medium heat, add the olive oil and sauté the onion and garlic until translucent, approximately 3-4 minutes.
2. Add the stock and potatoes. Cook until the potatoes are tender.
3. Add the roasted red peppers and cream. Simmer for 15 minutes.
4. With an immersion blender or food processor, puree the soup until it is velvety and smooth.
5. Adjust the seasoning, as necessary. (Remember the Prosciutto Fried Croutons will be a bit salty.)
6. Ladle into 4 bowls and top with the Prosciutto Fried Croutons.

Ingredients For the Prosciutto Fried Croutons:

1 tablespoon olive oil
2 slices prosciutto, diced
1 cup white bread, 1-inch dice

Method:

1. In a non-stick frying pan over medium heat, add the olive oil and prosciutto. Stirring frequently, cook the prosciutto until crispy. Remove prosciutto and set aside.
2. Reduce the heat to low and fry the bread in the remaining oil and prosciutto renderings. Once golden and crispy, the croutons are done.

The “Best” Roasted Red Pepper Grilled Cheese

Yield:

4 servings

Ingredients:

2 tablespoons olive oil
2 cups wild mushrooms (your choice)
2 cloves garlic, minced
2 cups baby spinach
1 cup roasted red peppers, drained and coarsely chopped
2 tablespoons fresh basil, chopped
1 cup mascarpone cheese
Juice of ½ lemon
A few drops of truffle oil
Salt & pepper, to taste
1 loaf Italian bread, cut into 1-inch slices (you need 8 slices here)
½ cup salted butter, room temperature

Method:

1. In a large frying pan over medium heat, add the olive oil and sauté the mushrooms until golden brown. Add the garlic and continue to cook for 1-2 minutes.
2. Add the baby spinach, roasted red peppers and fresh basil. Continue to cook until the spinach has wilted.
3. Off the heat, add the mascarpone, the lemon juice and a few drops of truffle oil. Adjust the seasoning, as necessary. At this point you can put the roasted red pepper filling in the fridge until ready to serve these amazing grilled cheese sandwiches. All you need to do is get it to room temperature when you are ready to crush these sandwiches.
4. Place the filling between the slices of bread. Generously smear the butter on the outside of the sandwiches. In a large frying pan over medium heat, add the grilled cheese and cook on both sides until golden brown. Serve immediately.

Individual Roasted Red Pepper Phyllo Pies

Yield:

4 servings

Ingredients:

2 tablespoons olive oil
1 cup onion, sliced
1 clove garlic, minced
1 cup roasted red peppers, drained and chopped
1 cup zucchini, diced
1 cup eggplant, diced
1 cup tomato sauce
1 tablespoon fresh basil, chopped
Salt & pepper, to taste
1-pound box phyllo pastry, thawed
2 tablespoons butter, melted

Method:

1. In a medium saucepan over medium heat, add the oil and sauté the onions and garlic until translucent. Add the remaining ingredients except for the salt and pepper.
2. Stew the mixture until the eggplant and zucchini are fully cooked, approximately 15-20 minutes. If the mixture is too watery, continue to cook the mixture until it is thickened up. Adjust the seasoning, as necessary.
3. Place the filling into 4 equal sized ramekins. Place the ramekins on a parchment-lined baking tray.
4. Roll out the phyllo pastry. Cut the phyllo into squares slightly larger than the ramekins. You want minimum 6 sheets on each pie, but more is better.
5. Lightly brush the rims of the ramekins so the first phyllo sticks. After that brush on butter between every layer.
6. Using a sharp knife, cut small slivers in the center of each phyllo pastry for venting.
7. In a 350-degree F pre-heated oven, place the phyllo pies and bake until the phyllo is golden brown and crispy, approximately 30 minutes.

Grilled Tuna with Marinated Roasted Red Peppers

Yield:

4 servings

Ingredients:

2 tablespoons olive oil
4 x 4-ounce tuna steaks
1 cup roasted red peppers, drained, thinly sliced
1 tablespoon capers, drained
2 anchovy fillets, chopped
Salt & pepper, to taste

Method:

1. Rub the oil on the tuna steaks and season with salt & pepper.
2. Lightly grill each steak, trying to keep them as rare as possible.
3. In a bowl mix together the roasted red peppers, capers and anchovy. Adjust the seasoning, as necessary.
4. Plate each tuna with the marinated roasted red peppers on top. All this dish needs are a good bottle of olive oil and a loaf of warm crusty bread to go with it. This dish is perfection!



PICKLES

Technically, anything can be a pickle. In this book, I use the cucumber pickle – specifically, the dill cucumber pickle.

There are many types and varieties of cucumber pickles. I could dedicate an entire recipe book to them (maybe that will be my next book).

Good recipes here for pickle lovers and pregnant folk. Enjoy!

Dill Pickle Bread with Smoked Salmon, Dill, Red Onion & Goat's Cheese

Yield:

1 loaf

Ingredients:

½ teaspoon dry active yeast
½ teaspoon granulated sugar
1 cup warm water
1 cup dill pickle juice
2 tablespoons fresh dill, chopped
½ cup dill pickles, diced
4 cups flour, all-purpose
1 tablespoon olive oil
Smoked salmon, as garnish
Fresh dill, as garnish
Red onion, as garnish
Goat's cheese, as garnish
Baby arugula, as garnish
Capers, as garnish

Method:

1. In a mixing bowl with the dough hook attachment, combine the yeast, sugar and warm water.
2. Once the liquid looks "frothy" and you start to see some bubbles, add the dill pickle juice, fresh dill, diced pickles and the flour.
3. Using a stand mixer, knead on low for 6-7 minutes. If the dough looks too wet, add a bit more flour. The dough should pull away from the sides of the bowl but also be dry enough to knead with your hands.
4. Put the olive oil in a large bowl and transfer the dough. Cover with plastic wrap and let rise until doubled in size, about 1 hour.
5. Punch down the dough, form it into a round loaf and place it on a parchment-lined baking tray. If you need to add a bit of additional flour because it is too sticky, now is the time.
6. Cover the loaf lightly with a slightly dampened clean kitchen towel and let the dough rise again.
7. Bake in an oven preheated 375 degrees F for 25 minutes or until golden brown and hollow sounding when you tap on the bottom of it. Allow the pickle bread to cool completely then slice it and enjoy it with smoked salmon, dill, red onion, goat's cheese, arugula, etc.



Dill Pickle Soup

Yield:

Serves 4

Ingredients:

2 tablespoons olive oil
½ cup onion, coarsely chopped
½ cup celery, coarsely chopped
6 cups chicken or vegetable stock
4 cups russet potatoes, peeled and coarsely chopped
½ cup dill pickles
1 cup pickle juice
Salt & pepper, to taste
½ cup sour cream, as garnish
1 tablespoon fresh dill, chopped, as garnish
1 dill pickle, sliced, as garnish

Method:

1. In a medium sized pot over medium high heat, add the oil and sweat the onions and celery until tender, roughly 3-4 minutes. Add the stock and potatoes and bring to a boil.
2. Once the soup has come to a boil, turn the heat down to a simmer and add the pickles and pickle juice. Continue to simmer until the potatoes are tender, roughly 30 minutes.
3. In a food processor or with an immersion blender, puree the soup until all large chunks are broken down. Adjust the seasoning as necessary with salt and pepper.
4. To serve, ladle equal portions into 4 bowls and garnish with sour cream, fresh chopped dill and some pickle slices.

Dill Pickle Hush Puppies with Dill Aioli

Yield:

24 pieces

Ingredients For the Pickle Hush Puppies:

1 cup cornmeal
¼ cup flour, all-purpose
1½ teaspoons baking powder
½ teaspoon black pepper
1 large egg, room temperature, beaten
¾ cup milk
½ cup dill pickles, drained and diced
2 tablespoons fresh dill, chopped fine
Oil, for frying

Method:

1. Whisk together the cornmeal, flour, baking powder and pepper. Whisk together the egg, milk, pickles and dill. Add to dry ingredients until thoroughly combined. Allow the batter to sit and "hydrate" for 5-10 minutes or it will be too wet to shape into little balls.
2. In a deep fryer or medium size pot heated to 350 degrees F, carefully drop batter by the tablespoon into the oil. (I use a #30 muffin scoop). Fry in batches until golden brown roughly 2-3 minutes. Drain on paper towels and serve immediately with the dill aioli.

Ingredients For the Dill Aioli:

2 cups mayonnaise
¼ cup pickles, diced
¼ cup fresh dill, finely chopped
Salt & pepper, to taste

Method:

1. In a bowl combine all ingredients until thoroughly mixed. Adjust the seasoning, as necessary. Refrigerate until ready to use.



Gnocchi with Smoked Salmon, Snow Peas, & Dill Pickle Cream Sauce

Yield:

4 servings

Ingredients:

4 cups gnocchi, either your favourite home recipe or fresh/frozen for the local grocery store
3 cups 35% cream
¼ cup salted butter
2 cloves garlic, minced
¼ cup white wine
½ cup smoked salmon
½ cup dill pickles, diced
3 tablespoons fresh dill, chopped fine, reserving some for garnish
¼ cup snow peas, thinly sliced
¼ cup Parmesan cheese, reserving half for garnish
Salt & pepper, to taste

Method:

1. In a large pot, cook the gnocchi in salted water until they rise to the top and float.
2. In a separate large saucepan over medium high heat, (make sure it is big enough as the cream will boil up quite a bit) add the cream, butter, garlic and white wine. Bring to a boil and reduce the cream mixture by half.
3. Add the smoked salmon, dill pickles, fresh dill, snow peas, half of the Parmesan cheese and gnocchi. Stir until the smoked salmon breaks down into small pieces. Taste the gnocchi and adjust the seasoning, as necessary.
4. Divide equally amongst 4 bowls and garnish with fresh dill and a healthy portion of Parmesan cheese.

Pork Tenderloin Medallions & Dill Pickle Mustard Sauce

Yield:

4 servings

Ingredients For the Pork Medallions:

2 pork tenderloins, silver skin removed

½ cup flour, all-purpose

Salt & pepper, to taste

Vegetable Oil, for frying

Method:

1. With a sharp knife, cut the pork tenderloin into 1-inch medallions. Lightly dredge in the flour and season with salt and pepper.
2. In a large frying pan over medium high heat, add the oil and sauté the medallions until golden brown on both sides. Work in batches and refresh your oil if your frying pan is too small.
3. Place the pork on a parchment-lined baking tray and set in a warm oven to stay hot.

Ingredients For the Dill Pickle Mustard Sauce:

2 cups 35% cream

3 tablespoons grainy Dijon mustard

½ cup dill pickles, diced

1 tablespoon fresh dill, finely chopped

Salt & pepper, to taste

Method:

1. In a large saucepan over medium heat, combine the cream, mustard and pickles. Bring to a boil and reduce by half. Taste and adjust seasoning, as necessary. Add the fresh dill last minute and serve.
2. Place the pork medallions on a platter and pour on this incredible sauce! Serve with your best roasted potatoes and veggies!

Grilled Chicken Breast with Dill Pickle Cream Sauce & Dill Pickle Sweet Potato Mash

Yield:

4 servings

Ingredients For the Chicken:

2 tablespoons olive oil
4 boneless skinless chicken breasts
Salt & pepper, to taste

Method:

1. Lightly oil the chicken breasts. Season with salt and pepper.
2. Lightly oil the grill. On medium heat grill the chicken breasts until thoroughly cooked and they reach an internal temperature of 165 degrees F.
3. Wrap in foil and allow to rest for 3-4 minutes.

Ingredients For the Sauce:

2 tablespoons salted butter
2 cloves garlic, minced
½ cup 35% cream
2 tablespoons fresh dill, chopped
Salt & pepper, to taste

Method:

1. In a medium size saucepan over medium heat, melt the butter. Add the garlic and sauté for 1-2 minutes or until fragrant.
2. Add the cream and bring to a boil. Reduce the mixture by about 75% or until thick enough to coat the back of a spoon.
3. Stir in fresh dill and season with salt and pepper, as necessary.

Ingredients For the Dill Pickle Sweet Potato Mash:

4 medium size sweet potatoes
¼ cup dill pickle, drained, diced
¼ cup pickle juice

Method:

1. Preheat oven to 400 degrees F. Pierce the sweet potatoes a bunch of times with a fork. Wrap in tinfoil and roast on a baking tray until soft, approximately 1 hour.
2. Remove foil, carefully pull off outer skin and place sweet potato in a bowl.
3. Add the diced pickles and pickle juice. Stir until combined.
4. Place the sweet potato equally on 4 plates. Top with the chicken and pour on the sauce.



SALSA

Salsa originated in Eastern Cuba around the 1920s. Oh wait, that's the dance!

We were introduced to salsa in the 1500s when Spaniards conquered Mexico. Native Aztecs, Incas, and Mayans created versions of salsa using tomatoes, chillies, and squash seeds.

Yes, you can open a jar and dip nacho chips into it. If you really want to impress people, though, these recipes showcase the salsa in a much more imaginative way.

Salsa Stuffed Mushrooms

Yield:

24 mushrooms

Ingredients:

24 large button mushrooms, stems removed and chopped
2 slices, bacon, diced
¼ cup onion, diced
¼ cup celery, diced
¼ cup salsa
2 tablespoons Parmesan cheese
Salt & pepper, to taste

Method:

1. Preheat oven to 400 degrees F. On a parchment-lined baking tray, roast mushrooms until fully cooked, approximately 20 minutes.
2. In a medium saucepan over medium heat, render down the diced bacon. Once the bacon is crispy, add in the onion, chopped mushroom stems, and celery until soft, approximately 3-4 minutes.
3. Stir in the salsa and Parmesan cheese. Season with salt and pepper, as necessary.
4. Using the palms of your hands, roll the mixture into little balls and stuff inside the mushroom caps.
5. When ready to serve, pop back in a 400-degree F oven and roast until heated thoroughly.

Salsa & Goat Cheese Baked Pinwheels

Yield:

4 servings

Ingredients:

2 cups salsa
2 cups soft goat's cheese or cream cheese, room temperature
¼ cup fresh cilantro, chopped
Salt & pepper, to taste
4 x 10-inch flour tortillas
4 lime wedges, for garnish

Method:

1. Combine the salsa, cheese and cilantro together. Season with salt and pepper, as necessary.
2. Lay out the 4 tortillas on the counter. Divide the filling amongst the 4 shells.
3. Roll the Flour tortillas like a burrito and place on a parchment-lined baking tray, seam side down.
4. Place in a preheated 400-degree F oven and bake until golden brown and slightly crispy, approximately 8-10 minutes.
5. Slice each one into pinwheels and present on a platter. Serve with the lime wedges.



Mussels in Pernod Salsa

Yield:

4 servings

Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 2-ounces Pernod (Anise flavoured liqueur)
- 1 cup salsa
- 2-pounds mussels
- Salt & pepper, to taste
- $\frac{1}{4}$ cup Italian parsley, chopped, as garnish
- 4 lemon wedges, as garnish

Method:

1. In a large saucepot over medium heat, add the oil and sauté the garlic until translucent and fragrant, approximately 2 minutes.
2. Carefully deglaze the garlic with Pernod (watch for flare-ups)
3. Add the salsa and the mussels. Season with salt and pepper, as necessary.
4. Cover with the lid and cook until all the mussels have opened. Discard any mussels that stay closed.
5. Portion into 4 bowls and garnish with chopped parsley and lemon wedges.

Slow Cooker Salsa & Chipotle Beef Carnita Tacos

Yield:

12 tacos

Ingredients:

1½-pounds Beef Roast (any roast will do)
3 tablespoons vegetable oil
1 cup salsa
3 chipotle peppers in Adobo sauce, chopped
3 cloves garlic, coarsely chopped
1 teaspoon salt
1 tablespoon ground black pepper
1 tablespoon brown sugar
1 tablespoon ground cumin
1 tablespoon chili powder
12 flour tortillas (8 inch), warmed

Toppings and Garnishes (entirely up to you but here are a few suggestions): Shredded Cheese, Green Onions, Cilantro, Lime Wedges, Sour Cream, Extra Salsa, etc.

Method:

1. In a large skillet, heat oil over medium heat. Brown the roast on all sides. Transfer the beef and its drippings to the slow cooker.
2. Add the remaining items (except the tortillas) to the slow cooker. Cook, covered, on low until the beef is tender, approximately 8-10 hours.
3. Remove the beef and shred it with a couple forks. Skim the fat from the slow-cooker juices, if necessary. Return the beef to the slow-cooker and keep warm until ready to use.
4. Using a slotted spoon, divide the beef equally in the flour tortilla shells. Let your guests top and garnish each one.

Salsa Braised Lamb Shanks with Lime Scallion Mashed Potatoes

Yield:

4 servings

Ingredients For the Lamb Shanks:

2 tablespoons vegetable oil
4 lamb shanks, excess fat removed
1 cup onion, diced
4 cloves garlic, minced
1 cup red wine
2 cups salsa
2 cups beef stock
2 tablespoons tomato paste
2 bay leaves
Salt & pepper, to taste

Method:

1. Preheat oven to 350 degrees F.
2. In a large saucepan (a Dutch oven is even better!) over medium heat, add the oil and brown the lamb shanks on all sides. You might have to do 2 shanks at a time, depending the size of your pan. Remove the shanks from the pan.
3. Add the onion and garlic and sauté for 1-2 minutes or until fragrant.
4. Add the red wine and deglaze, scraping the bottom with a wooden spoon.
5. Add the salsa, stock, tomato paste, bay leaves and a sprinkle of salt and pepper.
6. Return the lamb shanks to the pan, cover, and place in the oven for about 2½ hours. The meat should be essentially falling off the bone.
7. Discard the bay leaves and adjust the seasoning, as necessary.

Ingredients For the Lime Scallion Mashed Potatoes:

6 cups potatoes, peeled and coarsely chopped
1 cup hot milk
¼ cup butter, melted
Juice and zest from 1 lime
½ cup green onion, thinly sliced, reserving a few pinches for garnish.
4 lime wedges, as garnish
Salt & pepper, to taste

Method:

1. In a large stock pot over high heat, add potatoes and boil uncovered for 15 minutes or until fork tender. Drain well as there is lots of sauce coming from those lamb shanks.
2. Add milk, butter, lime juice, lime zest and green onions to the potatoes. Mash and season with salt and pepper, as necessary.
3. Portion into 4 bowls or plates. Place 1 lamb shank on each and pour the remaining sauce from the lamb onto each one. Garnish with green onion and lime wedges.



Baked Italian Pasta Nachos with Salsa & Cheese

Yield:

4 servings

Ingredients:

16-ounce dried lasagna noodles

Vegetable oil, for frying

Salt & pepper, to taste

2 cups mozzarella cheese, shredded

1 cup salsa

¼ cup pickled hot peppers (optional)

Toppings & Dips (entirely up to you but here are a few suggestions)

Shredded Lettuce, Green Onions, Cilantro, Sour Cream, Chopped Parsley, Diced Tomatoes, Guacamole, Extra Salsa

Method:

1. Cook the noodles in boiling water (no salt) until fully cooked. Drain, cool under running water and allow to dry. (Make sure lasagna noodles into nacho size pieces (as big or small as you wish).
3. In a home deep fryer or a pot of oil on the stove, carefully fry the noodles in 350-degree oil until golden brown and crispy. Drain thoroughly and season with a little salt and pepper. Depending on the size of your fryer you may have to fry in batches.
4. Preheat the oven to 350 degrees F. On a parchment-lined baking tray place ½ the nachos and spread them out. Top with half the cheese and salsa. Repeat with the remaining nachos, cheese and salsa. Now is the time to add the hot peppers if you wish.
5. Bake in the oven until the cheese has melted and everything is hot.
6. Divide it between 4 plates and have the toppings and dips ready to go. Let your guests garnish their own pasta nachos.



SAUERKRAUT

Sauerkraut is such a versatile product that can be used in many ways, not just on a good German sausage! Dutch sailors used to eat it on long voyages to prevent scurvy (trivia right).

Always taste the sauerkraut so you can adjust the recipe. Some recipes call for vinegar to be added to the sauerkraut, while others call for salt and time to ferment.

A very under-utilized pantry ingredient, sauerkraut is a flavourful addition to many dishes.

Sweet & Sour Sauerkraut Soup

Yield:

4 servings

Ingredients:

6 cups beef, chicken or vegetable stock
½ cup button mushrooms, sliced
½ cup sauerkraut, with brine
½ cup sweet Thai chili sauce
¼ teaspoon black pepper
2 eggs, well beaten
6-ounces firm tofu, sliced into strips
¼ cup green onion, thinly sliced

Method:

1. In a large saucepan over medium high heat, add the stock, mushrooms, sauerkraut, sweet Thai chili sauce and pepper. Simmer for 30 minutes.
2. Pour the eggs into the soup while gently whisking.
3. Stir in the tofu and green onions and remove from heat. Serve immediately.

Sauerkraut Strudel with Bacon & Onions

Yield:

2 strudels

Ingredients:

8 slices bacon, diced
1 cup onion, diced
2 cups sauerkraut, drained
1 egg, beaten
3 tablespoons breadcrumbs
2 teaspoons whole cumin seed
2 sheets 10 x 10-inch frozen puff pastry, thawed
4 tablespoons butter, melted
Sour cream, as garnish
Mustard, as garnish

Method:

1. Preheat oven to 350 degrees F.
2. Render down the diced bacon until crispy. Remove bacon and sauté the onions in the bacon fat over medium heat until they get a nice, caramelized colour to them. Allow onions to cool.
3. In a bowl combine the sauerkraut, cooked bacon, onion, egg, breadcrumbs and cumin seeds.
4. Roll out the puff pastry sheets and brush both sheets with half of the melted butter. Add the mixture equally to both sheets and roll "burrito-style", ensuring the ends are tucked in.
5. On a parchment-lined baking tray place the strudels seam side down. Brush the tops of both with the remaining butter. With a sharp knife cut a few slits into the puff pastry to allow the steam to escape.
6. Bake for approximately 30-35 minutes, or until the pastry has a nice golden-brown colour.
7. Allow strudel to cool for a few minutes and then slice them up! Serve the strudel with sour cream and mustard.

Panko-encrusted Sauerkraut Croquettes with 3 Mustards

Yield:

36 croquettes

Ingredients:

6 cups potatoes, peeled, diced
¼ cup milk
2 tablespoons butter
½ teaspoon each salt & black pepper
2 garlic cloves, minced
½ cup onion, diced
½ cup carrot, diced
2 cups sauerkraut, drained
2 tablespoons olive oil
½ cup flour
3-4 eggs, beaten
1½ cups panko breadcrumbs
Vegetable oil, for frying
3 of your favourite mustards such as Dijon, grainy or hot mustard!!!

Method:

1. Boil potatoes until tender. Drain potatoes and mash with the milk, butter, salt and pepper. Set aside.
2. While potatoes are boiling, in a large pan over medium heat, add the oil and sauté garlic, onion, and carrot for 5 minutes or until softened. Stir in the sauerkraut.
3. Mash the sauerkraut mixture into the mashed potatoes and refrigerate until cool enough to handle.
4. Measure and roll out 1 ounce (number 30 muffin scoop) of the potato & sauerkraut mixture. Lightly flatten into ¾ inch patties. Place the patties on parchment paper and chill or freeze so that the patties are firm before breading.
5. Using 3 bowls or shallow containers, fill the first with the flour, the second with the beaten eggs and the final one with the panko breadcrumb.
6. Dip each patty into flour, followed by the egg, followed by the breadcrumb. Make sure that you firmly press the croquette into the breadcrumb.
7. In a large frying pan over medium high heat, add the vegetable oil and fry patties in batches of 8, flipping over after about 1-1 ½ minutes or until golden brown. Each patty should be golden brown on both sides. Place fried patties in a warm oven until the entire batch is ready. Serve immediately with your 3 favourite mustards.



Panko-encrusted Sauerkraut
Croquettes with 3 Mustards

Spicy Pork Stir-fry with Sauerkraut

Yield:

4 servings

Ingredients:

2 tablespoons soy sauce or tamari
1 tablespoon brown sugar
1-pound pork tenderloin, thinly sliced
2 tablespoons vegetable oil
3 cloves garlic, minced
1 tablespoon ginger, minced
3 green onions, thinly sliced, reserving some for garnish
1 jalapeño, seeds removed, finely diced
1 cup sauerkraut, with brine
1 cup red bell pepper, thinly sliced
1 cup carrots, peeled, thinly sliced
½ cup cold chicken stock
1 tablespoon cornstarch
Salt & pepper, to taste

Method:

1. Combine the soy/tamari sauce and brown sugar and marinate the pork for 30 minutes.
2. In a large frying pan or wok over high heat, add the vegetable oil and sauté the garlic, ginger, green onion and jalapeño for 15 seconds or until fragrant.
3. Add the sliced pork and continue to cook for 1-2 minutes or until the pork is lightly golden brown.
4. Add the sauerkraut, red pepper and carrot. Continue to cook on high heat for an additional 1-2 minutes.
5. Whisk the cornstarch into the cold chicken stock. Add the chicken stock to the pork and bring to a boil. Cook for 1 minute. Adjust the seasoning, as necessary. Sprinkle the stir-fry with the reserved green onions and serve immediately. This dish is amazing on rice noodles or steamed rice. Myself, I have a bottle of Sriracha beside me when I am eating this!

Eggplant Schnitzel with Sauerkraut Fried Potato & Lemon

Yield:

4 servings

Ingredients For the Eggplant Schnitzel:

1 large eggplant, sliced into 8 medallions
Salt & pepper, to taste
½ cup flour, all-purpose
3 eggs, beaten
1 cup breadcrumbs
Vegetable oil, for frying
4 lemon wedges, as garnish

Method:

1. Lightly salt both sides of the eggplant. Wait 5-10 minutes and pat dry with paper towel. This will remove the bitterness in the eggplant.
2. In 3 separate bowls place the flour, egg and breadcrumb. Dip a piece of eggplant in the flour, shaking off the excess. Place the eggplant in the egg and finally into the breadcrumb. Repeat with all eggplant pieces until you have them all thoroughly coated and ready to pan fry.
3. In a large non-stick frying pan over medium heat, add the oil and sauté the eggplant medallions until they are crispy and golden brown on both sides. Season with salt and pepper, as necessary.

Ingredients For the Sauerkraut Fried Potatoes & Lemon:

6 cups potatoes, peeled, coarsely chopped
¼ cup olive oil
1 cup sauerkraut, drained
Juice of 1 lemon
¼ cup fresh parsley, chopped
Salt & pepper, to taste

Method:

1. In a large stock pot over high heat, add potatoes and boil uncovered for 15 minutes or until fork tender. Drain well. Try not to break up the potatoes.
2. In a large non-stick frying pan over low heat, add the oil and sauté the potatoes. Toss the potatoes every 5-10 minutes or until you start to see some crust forming on the potatoes. Repeat every 5-10 minutes until you feel the potatoes are browned enough on all sides and super crispy. This process could take 30-40 minutes or longer. That is perfectly okay. They are worth the wait.
3. Add the sauerkraut and lemon juice, stir until thoroughly heated and then toss in the chopped parsley. Adjust the seasoning, as necessary.
4. Plate the potatoes on 4 individual plates, top with the eggplant schnitzel and garnish with lemon wedges.



Schnitzel with Sauerkraut Fried Potato & Lemon

Reuben Meat Loaf

Yield:

4 servings

Ingredients:

2 eggs, beaten
¼ cup onion, diced
1 tablespoon Worcestershire Sauce
½ cup rye breadcrumbs
1-pound lean ground beef
¼ cup Thousand Island Dressing
1 cup sauerkraut, drained
1 teaspoon ground black pepper
1 tablespoon ground allspice
1 tablespoon ground dry mustard
1 cup Swiss cheese, shredded, divided in 2 bowls
Butter, for greasing

Method:

1. Preheat the oven to 350 degrees F.
2. In a large bowl mix together all the ingredients except for the Swiss cheese.
3. Place a piece of parchment paper on your work area and press the meat onto the parchment, creating a 14 x 10-inch rectangle. Put half the Swiss cheese in the middle of the meat.
4. Roll up the meatloaf, starting with the long side and peeling the parchment away as you roll it. Seal in the seams and ends so the Swiss cheese is completely encased in the meatloaf.
5. Place the meatloaf in a greased baking pan that is big enough to hold the meatloaf (15 x 10 x 1 is ideal). Place the meatloaf pan onto a parchment-lined baking tray so nothing spills over while baking.
6. Bake for approximately 1 hour, or until the meat is no longer pink and a thermometer reads 160 degrees. Carefully remove the meatloaf from the pan and drain it off. Place the formed meatloaf onto the same parchment-lined baking tray.
7. Sprinkle with the remaining Swiss cheese and pop the Reuben Meatloaf back into the oven for a couple minutes, or until the cheese has melted on top.
8. Let the meatloaf rest for 5-10 minutes and then slice away.

TOMATOES

Native to Mexico and Central America, the tomato has changed drastically since its original version – a small round fruit resembling today's cherry tomato.

Until the 18th century, tomatoes were mainly used as an ornamental plant as they were believed to be poisonous. Today, we now have more than one thousand varieties.

The recipes in this book work best with tomatoes that have been turned into passata, essentially a tomato puree. If your tomatoes were preserved whole or diced, put them in a small pot and hit them with an immersion or stick blender. Or use a food processor. After they're blitzed, cook them down a bit to remove some of the tomato water, so you don't end up with a watery finished product from these recipes.

Tomato, Basil & Bocconcini Bake

Yield:

4 servings

Ingredients:

4 cloves garlic, minced
2 tablespoons olive oil
½ cup fresh basil, chopped
2 cups tomato sauce
2 cups bocconcini cheese
Salt & pepper, to taste

Method:

1. Preheat the oven to 350 degrees F.
2. In a medium saucepan over medium heat, sauté the garlic in the olive oil until fragrant, approximately 2-3 minutes.
3. Add the fresh basil and continue to cook for 1 minute.
4. Add the tomatoes and simmer until slightly reduced and slightly thickened.
5. Season with salt and pepper, as necessary.
6. Place 4 ramekins on a parchment-lined baking tray. Pour the tomato sauce equally into the ramekins. Submerge the cheese into each ramekin and bake for 10 minutes, or until the cheese is bubbling.
7. Carefully remove from oven, place hot ramekins onto plates and serve with toast points, crostini and breadsticks.

Zucchini Lasagna with Ricotta Cheese in Tomato Basil Sauce

Yield:

4 servings

Ingredients:

4 cups tomato sauce
3-4 large zucchini, sliced on a sheeter (A fancy chef tool but you can find cheap ones.)
2 cups ricotta cheese
2 cups mozzarella cheese, shredded
½ cup fresh basil, chopped
Salt & pepper, to taste
¼ cup Parmesan cheese, as garnish

Method:

1. Put a bit of tomato sauce in the bottom of a 6 x 6-inch pan.
2. Layer zucchini "ribbons," cheeses, basil and tomato sauce. You decide the number of layers. You decide the order. This is your gluten-free lasagna. Do not forget salt & pepper as well.
3. Place the finished lasagna on a parchment-lined baking tray and pop in a preheated 350-degree F oven until bubbly and hot, approximately 30-40 minutes.
4. Slice into 4 pieces, plate and top with the Parmesan cheese.



Stewed Calamari with Tomato, Green Olive & Caper Sauce

Yield:

4 servings

Ingredients:

2 tablespoons olive oil
3 cloves garlic, minced
½ cup onions, sliced
¼ cup green olives, pitted
1 tablespoon capers
3 cups tomato sauce
1-pound calamari, sliced into rings
Salt & pepper, to taste

Method:

1. In a medium saucepan over medium heat, add the oil and sauté the garlic and onions until soft and fragrant, approximately 3-4 minutes.
2. Add the olives, capers and tomato sauce. Simmer for 10 minutes or so, until the flavours combine.
3. Add the calamari and simmer until tender, (depending on how thick you cut them so let us say 4-5 minutes).
4. Adjust the seasoning, as necessary. Serve with the crustiest bread you have.

Butter Chicken

Yield:

4 servings

Ingredients:

2 tablespoons olive oil
1½-pounds chicken, boneless and skinless chicken thighs or breasts
1 tablespoon fresh ginger, minced
1 tablespoon Garam Masala
1 teaspoon turmeric
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon cayenne pepper
1 teaspoon dried fenugreek leaves
2 cups tomato sauce
1 cup 35% cream
Salt & pepper, to taste
¼ cup cilantro, coarsely chopped, as garnish

Method:

1. In a large saucepan over medium heat, add the oil and sauté the chicken until it is golden brown. Remove chicken from the pan. Add the ginger and all the spices and cook 1-2 minutes.
2. Add the tomato sauce and cream and lower heat to a simmer. Add the cooked chicken back in and allow the sauce to cook 15-20 minutes so that all the flavours come together. Adjust the seasoning, as necessary.
3. Serve on your favourite jasmine rice with the cilantro garnish and some warm naan bread.



Cheese Tortellini in a Light Chili Rose Sauce

Yield:

4 servings

Ingredients:

8 cups cheese tortellini, either homemade or from the store
2 tablespoons salted butter
2 cloves garlic, chopped
1 tablespoon red chili flakes
2 cups 35% cream
2 cups tomato sauce
Salt & pepper, to taste
 $\frac{1}{4}$ cup Parmesan cheese, as garnish

Method:

1. Boil the cheese tortellini in a large stockpot. Drain.
2. In a medium saucepan over medium heat, add the butter and sauté the garlic and red chili until soft, approximately 1-2 minutes.
3. Add the cream and tomato sauce. Bring to a boil and simmer until it reduces by about 25%. Adjust the seasoning, as necessary.
4. Add in the cooked tortellini, portion into 4 bowls and garnish with the Parmesan cheese.

Jambalaya Style Chicken & Shrimp with Rice

Yield:

4 servings

Ingredients:

3 tablespoons olive oil
2 tablespoons Cajun spice blend
1-pound chicken, boneless and skinless chicken thighs or breasts
1 cup white wine
½ cup onion, diced
½ cup red bell pepper, diced
½ cup green bell pepper, diced
½ cup celery, diced
3 cloves garlic, minced
1 teaspoon dried oregano
1 teaspoon dried thyme
2 cups tomato sauce
2 teaspoons Worcestershire sauce
1 cup okra, sliced thinly
1½ cups short grain rice
3 cups hot chicken stock (low sodium)
1-pound raw shrimp, peeled & deveined
Salt & pepper, to taste
¼ cup green onion, thinly sliced, as garnish

Method:

1. In a large pot or Dutch oven on medium-high heat, add the oil and sauté the chicken and Cajun spice blend, stirring often, until the chicken is lightly browned on all sides.
2. Deglaze with the wine and add the onion, peppers, celery, garlic, oregano, thyme, tomato sauce, Worcestershire sauce and okra. Reduce to a simmer and continue to cook for 15 minutes.
3. Add the rice and chicken stock and continue cooking COVERED until the rice has almost absorbed all the chicken stock, approximately 12-15 minutes.
4. Stir in the shrimp, place the lid back on, and continue to cook until the shrimp are pink and fully cooked. Adjust the seasoning, as necessary.
5. Place an equal amount into 4 bowls and garnish with the green onion.



ZUCCHINI RELISH

Typically, a recipe with zucchini, sugar, vinegar, onions, peppers and spices, this staple relish has been around a long time! I remember cases of this stuff everywhere growing up! If you have ever grown zucchini you understand the high yield and the need to preserve it to last over the winter (in between making batches of zucchini bread of course!)

It seems zucchini relish only shows its face at summer barbecues for burgers and hot dogs. It is time to change that!

Zucchini Relish Arancini Balls stuffed with Mozzarella Cheese

Yield:

24 balls

Ingredients:

3 cups chicken or vegetable stock
1 teaspoon salt
1 cup Arborio rice
1 cup zucchini relish
2 large eggs
2 tablespoons parsley, coarsely chopped
½ cup Parmesan cheese
1½ cups breadcrumbs, divided into 2 bowls
24 x ½-inch cubes of mozzarella cheese
Vegetable oil, for frying
Salt & pepper, to taste

Method:

1. In a medium saucepan over high heat, bring the chicken or vegetable stock and salt to a boil. Stir in the rice and reduce the heat to low and simmer until the stock has all but evaporated. (It is not the traditional way of making risotto, but it works.) Stir in the zucchini relish and spread the risotto on a parchment-lined baking tray to cool completely.
2. In a large bowl beat the eggs and stir in the cooled rice, the chopped parsley, the Parmesan cheese and half the breadcrumbs. Shape the mixture into sixteen even balls.
3. Put the remaining breadcrumbs in a shallow bowl. Press your finger into the center of each rice ball and insert 1 cube of mozzarella cheese into each one. Pinch the rice around its end to close it up and roll it into a ball with the palms of your hands.
4. Roll the balls in the breadcrumbs and place on a parchment-lined baking tray. Cover loosely and refrigerate at least 1 hour or overnight. (If making overnight, make sure to re-toss in breadcrumbs before frying.)
5. Fry in a deep fryer in batches until golden brown. Remove, drain on paper towels and season with a bit of salt and pepper. Keep warm in the oven until all arancini balls are fried. Serve immediately.
6. Alternatively heat ½ inch vegetable oil in a large saucepan over medium heat until the oil registers 350 degrees F with a deep-fry thermometer. Working in batches, fry the rice balls, turning them, until golden brown on all sides. Remove with a slotted spoon, drain on paper towels and season with a bit of salt. Keep warm in the oven until all arancini balls are fried. Serve immediately.



Zucchini Relish Arancini Balls stuffed with Mozzarella Cheese

Zucchini Relish & Mint Crostini

Yield:

4 servings

Ingredients:

1 French baguette
¼ cup olive oil
1 cup zucchini relish
12 fresh mint leaves, coarsely chopped
¼ cup Parmesan cheese, shredded

Method:

1. Slice the baguette into 16 pieces, approximately 1 inch thick.
2. On a parchment-lined baking tray, broil the baguette pieces until lightly golden on one side.
3. Flip the baguette pieces over and lightly brush the untoasted side with olive oil.
4. Scoop the zucchini relish equally onto each baguette piece and place back under the broiler until the top is golden brown. Sprinkle mint and Parmesan on each piece. Drizzle the remaining olive oil on the crostini and serve.

Zucchini Relish Blini with Smoked Trout

Yield:

12 Blinis

Ingredients:

1 cup flour, all-purpose
1/2 teaspoon baking powder
3/4 cup milk
1 large egg
1 tablespoon melted salted butter, plus 2 tablespoons butter for sautéing
1/2 cup zucchini relish
Toppings: smoked trout, sour cream, fresh dill, capers & red onion

Method:

1. Combine the flour, baking powder, milk, egg, butter and relish in a bowl until a batter is formed.
2. In a non-stick pan over medium, heat add 1 tablespoon of the reserved butter and drop the batter into the hot skillet, about 1 tablespoon at a time (I use a #30 muffin scoop). Cook 6 blinis at a time.
3. Cook until you start to see bubbles forming on the top of the blini, approximately 2 minutes. Flip the blini over and cook for an additional minute or until golden brown. Set the cooked blini's aside.
4. Wipe the pan with paper towel between batches and repeat the cooking process until all Blini's are ready.
5. Place Blini's on a platter and top with smoked trout, sour cream, dill, capers and red onion.

Lemon & Butter Seared Pork Chops with Zucchini Relish Risotto

Yield:

4 servings

Ingredients For the Pork Chops:

4 pork chops, each roughly 1-inch thick
2 tablespoons olive oil
Juice of 1 lemon
¾ cup cold salted butter, cut into cubes
Salt & pepper, to taste
¾ cup parsley, coarsely chopped, as garnish

Method:

1. Lightly season both sides of the pork chops with salt & pepper.
2. In a medium frying pan over medium heat, add the oil and sear the pork chops. Occasionally turning until golden brown on all sides.
3. Turn the heat up to medium-high and add the lemon juice and the cold butter, stirring until the butter has melted and become part of the sauce.
4. Place the pork chops on the risotto, pour over the lemon butter sauce and garnish with chopped parsley.

Ingredients For the Zucchini Relish Risotto:

1 tablespoon olive oil
1 cup Arborio rice
4 cups hot chicken or vegetable stock
2 cups zucchini relish
¾ cup Parmesan cheese, grated
1 tablespoon salted butter
Salt & pepper, to taste

Method:

1. In a medium size pot over medium heat, add the oil and rice, stirring to coat, approximately 1 minute.
2. Adding the hot stock one ladle at a time, stirring so the rice does not burn or stick to the bottom of the pot.
3. Once the stock has almost completely absorbed, add another ladle of stock and continue this process. When almost all the stock has been absorbed and you are down to your last ladle to add, stir in the zucchini relish.
4. Add the last of the stock, the Parmesan and the butter. Stir, cover and let rest for a few minutes. Adjust the seasoning, as necessary.
5. Place the Zucchini Relish Risotto in 4 equal bowls and top with the Lemon & Butter Seared Pork Chops.



Lemon & Butter Seared Pork Chops
with Zucchini Relish Risotto

Zucchini Relish & Mozzarella stuffed Chicken Leg & Thigh with Israeli Cous Cous and Wilted Spinach

Yield:

4 servings

Ingredients For the Chicken :

½ cup zucchini relish
1 cup mozzarella cheese, shredded
4 skin-on boneless chicken legs & thighs
2 tablespoons olive oil
Salt & pepper, to taste

Method:

1. In a bowl mix the zucchini relish and cheese.
2. Place the chicken skin side down and stuff the chicken with the zucchini filling.
3. On a parchment-lined baking tray, flip the stuffed chicken over and make a baseball shape with the chicken so that the filling does not come out while cooking.
4. Lightly brush the skin with oil. Season with salt & pepper, as necessary.
5. In a preheated oven set to 350 degrees F, bake the stuffed chicken for 35-40 minutes, or until the skin is golden brown, and the juices run clear.

Ingredients For the Israeli Cous Cous and Wilted Spinach:

2 cups Israeli cous cous
2 tablespoons olive oil
½ cup onion, diced
2 cloves garlic, chopped
4 cups baby spinach
Juice of 1 lemon
Salt & pepper, to taste

Method:

1. In a medium pot over high heat, bring about 6 cups of water to a boil. Add the cous cous and cook al dente (chef term for just cooked but not overcooked). Drain into a strainer.
2. Put the pot back on the stove. Over medium heat add the oil and sauté the onions and garlic until soft and translucent, approximately 2-3 minutes.
3. Add the baby spinach and lemon juice. Once the spinach has wilted down add the drained cous cous. Adjust the seasoning, as necessary.

Zucchini Relish & Goat's Cheese Stuffed Lamb Burgers on Brioche Buns with Pesto Mayonnaise

Yield:

4 servings

Ingredients:

1½-pounds ground lamb
1 tablespoon fresh thyme, finely chopped
½ cup zucchini relish
¼ cup goat's cheese
Salt & pepper, to taste
¼ cup mayonnaise
2 tablespoons pesto, homemade or from the store
4 brioche buns

Method:

1. Combine the lamb and fresh thyme together. Divide into 8 equal pieces and flatten into patties.
2. Combine the zucchini relish and goat's cheese together.
3. On a flat surface lay down 4 patties. Divide the zucchini relish mixture equally on top of the patties. Place the remaining 4 patties on top and crimp them together, making sure all the mixture is safely tucked inside the 2 patties.
4. Season with salt & pepper and place on the grill. Grill the burgers until the internal temperature reads 165 degrees F.
5. While burgers are grilling, mix the mayonnaise and pesto. At the same time, toast the brioche buns (broiler, grill, whatever).
6. Smear the pesto mayonnaise on the buns and load the burgers on. Garnish with whatever you wish (my personal preference is arugula, roasted red peppers, and red onions).

WOW. WE DID IT!

There are so many people to thank with regards to this cookbook coming together.

First, I'd like to thank Sarah D., the driving force on this project. She pushed me to the limits and beyond, all the while fully supporting and encouraging me. It's not easy writing a "first of its kind" cookbook. Without Sarah, there would be no book at all.

Secondly, my Sous Chef Matt P. – this boy has grown so much, professionally, since I taught him in high school. I'm proud of his accomplishments, although it's still weird he has my name tattooed on his arm!

I'd like to thank my children, Jonathan and Carson. They've been supporting me since they could talk.

Thank you to my mom, my family, and my friends. You guys are amazing!

I'd also like to thank the farmers and local businesses. Without them constantly working so hard, we would not have the bounty we have here in Southwestern Ontario, Canada.

Who else to thank? That's easy. You! Yes, you, the reader. The canner. The gardener. And the people who are doing their part to support local and to assist with food security. Preserving might have gone away for a while, but it's back in full force, and I cannot wait to see what people are doing with their preserves.

You are all amazing!

Chef Mur

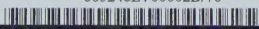
PRESERVE

by Chef





CPSIA information can be obtained
at www.ICGtesting.com
Printed in the USA
LVHW072118220421
685246LV00002B/78



About The Author



Chef Murray Zehr has extensive knowledge and experience as an author, chef, instructor, restaurateur and consultant with over 25 years experience in the hospitality and tourism industries.

Chef Murray is the Executive Chef and owner of the 1909 Culinary Academy in Ontario, Canada. Prior to the 1909 Culinary Academy, Chef Murray successfully owned and operated 8 restaurants, as well as being a high school chef training instructor for 20 years.

Chef Murray has worked for the Provincial government of Ontario, Canada as an Education Officer overseeing Nutrition for the province and has written numerous food columns for newspapers and resources for the Ministry of Education.

Chef Murray's accomplishments in the culinary world are extensive, including working with the Food Network, and cooking with his students for Prince Charles and Gordon Ramsey, to name a few. Chef Murray is a red seal chef, has graduated from various college and university programs related to the hospitality industry, and has been an instructor at two local universities.



P9-EAM-833



murrayzehr.com

ISBN 9798583511990



90000



9 798583 511990